



Monday - Friday, 8.30 am - 5:00 pm
 Excluding Bank Holidays
 Call your order through on
 01937 840018

Card Payment over the phone
 Or
 Charged to your Member's Card

PIT STOP 'GRAB 'N' GO'

BREAKFAST Served 8.30 am - 11:15 am

PORRIDGE £5.00

Carrot cake – Served with grated carrots, raisins, cinnamon, and nutmeg with crystallised walnut (contains nuts, milk, gluten)

Or

Blueberry – Served with blueberries and maple syrup (contains milk, gluten)

FRESH FRUIT SALAD 5

HOMEMADE GRANOLA 5
 With Greek Yoghurt & Local Honey (Gluten, Milk)

BACON SANDWICH 5
 R&J Signature Yorkshire Dry-Cured Bacon, Grilled and served in any of our Homemade Breads (cont. gluten, milk, sulphites)
 ADD A FRIED EGG + £1.50

BOWCLIFFE RARE BREED SAUSAGE SANDWICH 8
 1ft long old spot pork sausage served in an artisan baguette with confit potting shed tomatoes, fried free range egg and mini potato bites with crispy bacon and chive crumb (contains gluten, milk, egg)

SCRAMBLED EGG AND CHORIZO 10
 Scrambled free-range egg with chorizo picante, served on toasted sourdough with roasted tomato and chilli salsa, sliced avocado, bufetta cheese, serrano ham crisp (contains egg, milk)

MACKENZIES SMOKED SALMON OMELETTE 10
 Smoked salmon, cream cheese and avocado omelette with new seasons watercress (contains egg, milk, fish)

AVOCADO ON GRANARY TOAST 7
 Basil Scented Tomatoes and Poached Eggs (Milk, Gluten, Egg)

FREE RANGE EGGS ON TOAST 7
 (Fried, Poached, Scrambled) (Milk, Gluten, Egg)

LUNCH Available from midday - 2:15pm

SEASONAL SOUP OF THE DAY 6
 Served with Homemade Rolls and Salted English Butter (contains milk, gluten)

COLD SANDWICHES
 Served on any of our Homemade Bread

CHICKEN KIEV 8
 Breaded Free Range Chicken, Crispy Smoked Bacon, Confit Garlic, Aged Parmesan, Herby Soft Cheese, Caramelised Red Onions, Cucumber and Lettuce served in a Tortilla Wrap (contains Gluten, Eggs, Soya, Milk)

NEW YORKER 8
 Swiss Cheese, Pastrami, House Made Sauerkraut, Crispy Shallots, Pickles, Tomato, Lettuce, Frenchie's Mustard and Kewpie Mayonnaise served in Ciabatta (contains Gluten, Mustard, Milk, Egg, Soya)

MEDITERRANEAN WRAP 8
 Charred Mediterranean Vegetables in Rosemary and Garlic, Red Pepper Hummus, Shredded Spinach, Barrel-Aged Feta, Tzatziki, Pickled Red Cabbage (contains Milk, Gluten, Sesame)

SMOKED SALMON AND ATLANTIC PRAWNS 9
 Locally Smoked Salmon with Prawns and Black Pepper Cream Cheese, Cucumber, Sliced Avocado and Spinach (contains Fish, Shellfish, Milk, Gluten)

CORONATION EGG MAYONNAISE 7
 Curried, Local Free-Range Egg Mayo with Chilli and Coriander Mango Chutney, Bombay Bhaji and Garden Leaves (contains Egg, Milk, Gluten)

HOT SANDWICHES

Served on any of our Homemade Bread & House Seasoned Fries

CRISPY YORKSHIRE DUCK LEG TACOS 12
 With Cucumber Spaghetti, Spring Onion, Hoisin Sauce, Toasted and Salted Cashew Nuts (contains Gluten, Milk, Soya, Nuts)

COCONUT CRUSTED SHRIMP BAO BUNS 10
 Pineapple and Mango Salsa, Chilli Sauce, Coriander and Lime (contains Shellfish, Gluten, Egg)

CHICKEN PARMIGIANA 10
 With Buffalo Mozzarella, Marinara Sauce and Pesto served in a Toasted Brioche Bun with Beef Tomato and Gem Lettuce (contains Gluten, Milk, Egg, Nuts)

THE BOWCLIFFE BURGER 12
 Longhorn Smashed Yorkshire Beef Patty, Mac 'n' Cheese, Streaky Bacon, Gherkin, Lettuce, Red Onion, Special Sauce and Monterey Jack Cheese (contains Gluten, Milk, Egg)

FIVE BEAN AND JACKFRUIT BURGER 10
 With Siracha Glazed Halloumi, Red Cabbage Slaw, Crispy Lettuce and Sun Blushed Tomatoes (contains Milk, Egg, Gluten)

SALADS

CAJUN CHICKEN SALAD 12
 With Parmentier Sweet Potatoes, Avocado, Garlic and Basil Scented Tomatoes and Garden Leaves with Honey and Mustard Dressing (contains Mustard)

SEARED FRESH TUNA THAI NOODLE SALAD 14
 With Lime, Coriander and a Soy Dressing, Toasted Peanuts and Crispy Seaweed (contains Gluten, Egg, Soya, Peanut and Fish)
Why not swap the Tuna for Hoi Sin Duck? (contains Gluten, Egg, Soya and Peanut)

MOROCCAN SPICED LENTIL AND CHICKPEA SALAD 12
 With Sweet Chilli Halloumi, Spinach and a Harissa Yoghurt Dressing, Sweet Potato Crisps (contains Milk, Sesame)

SIDES

CRISPY POTATO BITES 4
 Chive Sour Cream (contains Dairy)

DOUBLE-COOKED CHIPS 4
 With Rosemary Salt and Aioli (contains Eggs)

SWEET POTATO FRIES 4
 Dusted with Cajun Seasoning and Sweet Chilli Mayonnaise (contains Eggs)

FRENCH FRIES 3.5

FRENCH FRIES 3.5
 With Aged Parmesan, Truffle and Chives (contains Milk)

HOUSE GREEN VEGETABLES 4
 (contains Dairy)

CAKES AND TREATS

PLEASE ASK YOUR SERVER WHICH SWEET TREATS WE HAVE AVAILABLE