BREAKFAST BAPS: (Please ask if you require a gluten free bap)

(Served from 9:00am - 11:30am Mon - Fri)

Bacon Bap £1.55 @ 439kcal 2 rashers of bacon served in a warm bap.

Sausage Bap £1.55 Va GF 520kcal

2 pork sausages or vegetarian sausages served in a warm bap.

Free Range Egg Bap £1.45 V GF 390kcal

Free range fried, scrambled or poached egg served in a warm bap.

Bacon and Sausage Bap £2.20 700kcal

1 rasher of bacon and 2 sausages served in a warm bap.

Breakfast Bap £2.95 831kcal

1 rasher of bacon, 2 sausages with free range fried scrambled or poached egg served in a warm bap.

Vegetarian Breakfast Bap £2.95 **W** 744kcal

3 vegetarian sausages, 2 hash browns and free range fried, scrambled or poached egg served served in a warm bap.

Quorn Sausage Muffin £2.95 V 672kcal

A warm breakfast muffin with 2 Quorn sausage pattie, cheese and a mini omelette.

## All-day Breakfast £4.35 834kcal

Choose from the following: bacon, Red Tractor pork sausage, baked beans, hash browns, mushrooms, tomato and free range fried, scrambled or poached egg.

## All-day Vegetarian Breakfast £4.35 V 610kcal

Choose from the following: sausages, baked beans, hash browns, mushrooms, tomato and free range fried, scrambled or poached egg.

## Eggs Benedict £4.40 V 618kcal

Toasted English muffin topped with free range poached egg and served with Hollandaise sauce.

### **Optional extras:**

with avocado £4.95 764kcal

with bacon £4.95 798kcal with bacon and avocado £5.40 944kcal with smoked salmon £5.20 801kcal with smoked salmon and avocado £5.95 947kcal

#### Warm Pancakes and Bacon £2.95 954kcal

A stack of 5 American pancakes with crispy bacon and maple syrup.

(Served from 9:00am - 4:00pm Mon-Thurs, 9:00am - 3:00pm Fri)

Warm Pancakes £2.95 vg 622kcal

A stack of 5 American pancakes with a forest fruit compote.

Tulip Muffins £2.30 V 490kcal

Triple chocolate, blueberry crumble, victoria sponge, **or** salted caramel.

Chewy Cookies F1.40 W 491kcal

Double chocolate, triple chocolate, **or** oat raisin and lemon cookies.





(Served from 11:00am - 4:00pm Mon - Thurs, 11:00am - 3:00pm Fri)

All burgers are served with your choice of fries or spicy wedges.

Upgrade to sweet potato fries for only 60p. Gluten free baps are also available.

The Classic £3.65 828kcal, double £5.10 1,129kcal

Flame grilled beef burger with tomato relish, shredded iceberg lettuce, served in a bap.

The Rooster Booster £3.95 912kcal, double £5.50 1,122kcal (1)

A spicy coated chicken breast with mayonnaise, shredded iceberg lettuce, served in a bap.

The Mighty Lone Ranger £4.60 1,029kcal, double £6.10 1,282kcal @ VG

A quarter pound of plant based burger with a tomato relish, crisp lettuce, topped with vegan cheese, served in a bap.

The Red Tractor £5.75 1,071kcal, double £6.95 1,328kcal (1) GP

A 6oz 21 day aged burger with tomato relish, crisp lettuce, sliced gherkin and topped with cheese, served in a bap.

The Halloumi £5.95 883kcal, double £6.95 1,199kcal V G

A halloumi stack with an Asian sweet chilli slaw, served in a bap.

## Add toppings to own your burger!

Three giant onion rings 90p V 241kcal

Bacon 65p V 180kcal

Cheddar cheese 50p V 325kcal

Jalapeño peppers 30p VG 20kcal

Vegan cheese 50p VG 285kcal

Free range fried or poached egg 50p V GF 131kcal

£13.95 - Three beef burgers, three spicy chicken burgers, stacked with bacon, cheese, beef tomator fried egg, red onion, Jalapeño peppers and iceberg lettuce separated by our brioche bun floors; served egg, red onion, Jalapeno peppers and iceoerg icetate edge. With baked beans, garlic flat bread with cheese, onion rings and either chips **or** spicy wedges. **3,549kcal** 

Eat all the food on your plate in under 30 minutes to win an exclusive I ♥ Rusty t-shirt! This is a one person challenge, are YOU up for it?



(Served from 11:00am - 4:00pm Mon - Thurs, 11:00am - 3:00pm Fri)

Chips £1.20 GF VG 139kcal

Chips and cheese £1.40 V GF 553kcal

Chips and curry sauce £1.40 \$\overline{\mathbb{O}}\$ 559kcal

Spicy wedges £1.20 VG 135kcal

Spicy wedges and cheese £1.40 V 549kcal

Sweet potato fries £1.90 GF VG 158kcal Garlic flat bread £1.20 V 287kcal

Garlic flat bread with cheese £1.70 V 701kcal

6 giant onion rings £1.80 **W** 241kcal

Side salad £1.00 GF VG 50kcal



















(Served from 11:00am - 4:00pm Mon - Thurs, 11:00am - 3:00pm Fri)

#### Panini or Toasted Sandwich £2.75 from 385kcal

Toasted to order with your choice of fillings. Please see the chalk board for the selection of fillings, treat yourself to a side of chips.

## Chilli Nachos £3.75 V GF 1162kcal

Tortilla chips loaded with chilli con carne and cheese with a sour cream dip.

#### The Club Sandwich F4.10 664kcal

Classic triple layered toasted sandwich with shredded iceberg lettuce, beef tomato, chicken mayonnaise and grilled bacon.

### Mac 'n' Cheese Bites £2.95 V 394kcal

Macaroni pasta and a mix of three cheeses in a crispy coating of breadcrumbs served with a tomato relish dip.

#### House Mix 'n' Match Salad from £1.95 329kcal

Salad leaves and a mix of cucumber tomato sweetcorn and peppers with a choice

Chicken strips £1.60 Smoked salmon £3.10 Smashed avocado £1.95 Tuna fish £1.80 Grilled halloumi £2.50 Caesar dressing Inc

French dressing Inc Mayonnaise Inc Garlic and herb croutons 50p

### Dirty Fries £2.40 894kcal

Fries loaded with bacon, peppers, Cajun spice, red onion and melted cheese.

### Big Foot Sub £3.10 520kcal

A foot-long sub filled with shredded iceberg lettuce, tomato red onion, with chicken strips and Emmental sliced cheese served warm.

## The TT Sandwich f2.70 1221kcal

Four Birds Eye fish fingers between two slices of thick white bread with Tartare sauce and shredded iceberg. Served with Walkers crisps.

(Served from 11:00am - 4:00pm Mon - Thurs, 11:00am - 3:00pm Fri)

#### Lasagne £4.60 V 138kcal

Layers of spinach pasta filled with a rich tomato sauce with British beef, topped with a béchamel sauce and cheese served with side salad.

## Fish 'n' Chips £3.85 @ 422kcal

Jumbo cod fillet in a crispy batter with chips or spicy wedges and your choice of mushy peas, garden peas or baked beans and lemon. Gluten free fish available.

# Sausage 'n' Mash £3.45 W 495kcal

Jumbo sausage with mash potato and gravy with garden peas or baked beans.

# Penne pasta from £2.95 @ 603kcal

Penne pasta served with a choice of sauces and sliced garlic bread, add cheese for an extra 50p.

# Chicken Katsu Curry £4.50 475kcal

Breast of chicken in a crisp Panko crumb cut into strips with plain rice and Katsu curry sauce.

# Chicken Nuggets £3.65 © 351kcal

Chicken coated in breadcrumbs, served with chips or wedges. Halal and vegan option available.

All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present, and our menu descriptions do not include all ingredients.

If you have a food allergy or intolerance, please let us know before ordering. Full allergen information for food is available upon request.

# SPEGI

Monday 29 September to Sunday 31 October 2025

# **Black History Month meat dish** from **f** 3.85

Ask for details of this weeks dish

# Black History Month vegan dish from £3.25 00

Ask for details of this weeks dish

# Spicy macaroni cheese

**f4.10** 192kcal

macaroni pasta with spicy cheese sauce served with garlic bread slices

