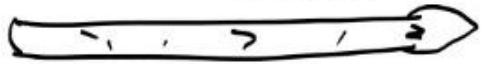


SPILMANS

EST 1941



BREAKFAST - Served 9am-11.30am

Porridge - Made to order with milk / dairy free milk and served plain or with local honey £3 (DF/V/VEG)

Ziggy's Homemade Granola - Baked oats, nuts, dried fruit & berries, apple, chia seeds and Linseed. Served with milk / dairy free milk or plain yoghurt £3 (DF/V/VEG)

Burcher Muesli - Oats, apple, dried fruit, chia seeds soaked overnight in oat milk, maple syrup, honey, vanilla and topped with red berry fruit compote, desiccated coconut and pumpkin seeds £3 (DF/V/VEG)

Toast - Served just with butter or choose from jam, local honey, proper nutty peanut butter or marmalade £2.50 (DF/V)

Fresh Baked Teacake - Served just with butter or choose from jam, local honey or marmalade £2.50 (V)

Spilman's Full Breakfast - 2 bacon, 2 sausage, fried egg, homemade baked bean, tomato and mushroom mix, spinach, served with a slice of toast. £8

Farmer Tom's BIG Breakfast - 3 bacon, 3 sausage, 2 eggs, homemade baked bean, tomato and mushroom mix, spinach, served with a double round of toast! £11

Spilman's Veggie Breakfast - Seasonal Vegetable hash, fried egg, homemade baked bean, tomato and mushroom mix, spinach, served with a slice of toast. £7

(V / GF - Without Toast)

Home-baked Bean Mix on Toast - homemade baked bean, tomato and mushroom mix, served with buttered toast. £4.50 (V)

Bacon Sandwich £4.50 (DF)*

Sausage Sandwich £4.50 (DF)*

*GF Bread available

LUNCH - Served 12 - 3.30pm

Daily Specials & Soup... Please see the board

Sandwiches... Served with a side salad & homemade salsa; £6

Spilman's beef (DF)

Yorkshire roast ham (DF)

Egg Mayo - Classic, no additions! (V)

Wensleydale Cheese & Aubergine Pickle
(Spicy!) (V)

Tomato Pate or Hummus & roasted vegetables (DF/V/VEG)

Spilman Lamb & Mint Sausage Sandwich served
with pickled cucumber or chutney (DF)

Bacon / Sausage Sandwich £4.50 (DF)

**Please ask if you would like your sandwich
made with Gluten Free bread.**

Salads...

**House salad served with homemade salsa &
bread roll; £6**

Chicken - smothered in overnight oats,
coconut, lime & chilli and baked (DF)

Roasted Vegetable & Feta - Mixed peppers
fried with a little mixed spices, topped with
Yorkshire Feta & seeds (V / GF - Please ask
for gf bread)

Aubergine, Harrissa & Tahini Stack - served
with tomato pate & Salsa (V/VEG)

Small Plates... £4.50

Cheese Board - Served with Theakston's crackers, grapes, leaves & chutney, Select 2 cheeses [Wensleydale, Yorkshire Fettle, Yorkshire Cheddar or Shepherd's Purse Blue]
(V)

Add extra cheese £1 per portion

Homemade Sausage Roll - Served hot or cold with leaves & cucumber.

Homemade Salsa on Toast - Spilman's homemade salsa, served with buttered toast.

Homemade Tomato Pate on Toast - Sunblushed tomato and butter bean pate, served with buttered toast.

Food Miles - We pride ourselves in provenance. Everything we sell is local and of the highest quality.

**Zero Miles - Beef | Lamb | Strawberries |
Raspberries | Asparagus | Gooseberries |
Broad Beans | Pumpkins**

**Less than 25 miles - Milk | Cream | Yoghurt |
Cheese | Honey | Peanut Butter | Bread | Pork
| Baking**

FOR LITTLE PEOPLE - Served 9 - 3.30pm

Mini Sausage Sandwich - Half of a full sized sandwich, cut into two. £2.25

Mini Bacon Sandwich - Half of a full sized sandwich, cut into two. £2.25

Toast - One slice served just with butter (£1) or choose from jam, cream cheese or beans on top £2 (DF/V)

Fresh Baked Teacake - Served just with butter or choose from jam, local honey or marmalade £2.50 (V)

Spilman's Little Lunchbox - Small sandwich (Cream cheese / Ham / Egg / Jam), Cucumber sticks, fruit jelly & juice drink £4.50 (DF available)

Crudité plate - Cucumber & Pepper £1.50 (DF/V/VEG)

Add hummus and/or Cream Cheese for an extra £1

Rainbow Pot - Pepper, strawberry, cucumber and tomato. One slice of each, ideal for weaning or first tastes. £1 (DF/V/VEG)

DRINKS & SWEET TREATS - Served until 4pm

Hot Drinks...

Americano [s] £2.35 [L] £2.70

Espresso [S] £2.00 [D] £2.50

Latte [S] £2.50 [L] £2.75

Cappuccino [S] £2.50 [L] £2.75

Flat White [S] £2.50

Mocha [S] £2.50 [L] £2.75

Hot Chocolate [S] £2.50 [L] £2.75

Babychino [S] £1.00

Yorkshire Tea £2.20

Speciality Tea - Green | Earl Grey |
Peppermint | Fruit Tea £2.30

We have a selection of loose leaf teas, fruit blends and Rooibos by Pippa Teas - Ask at the counter £2.50

Cold Drinks...

Coke / Diet £2

Ginger Beer £2

Raspberry Lemonade £2 / Rose Lemonade £2

Orange Jigger £2

Cawston Press Apple & Mango | Apple & Pear
£1.50

Still | Sparkling Water £1.20

Cakes & Sweet Treats...

Cakes of the Day - See Counter from £2.20

Please ask what cakes, scones, fruit pies, tarts & crumbles we have that day.

We can't promise we will always have all the above every day, but we will always make sure there is a good choice for all our customer dietary requirements.

Have you got a Spilman's Loyalty Card? Please ask at the counter for details and to receive your stamp!

Please ask if you would like to see our suppliers list or our ingredients list