

All day  
Menu

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# All Day Breakfast

## EGGS

**FEGO Breakfast** £8.95  
Eggs, bacon, sausage, grilled tomato, mushrooms, baked beans & toast.

- Add hashbrowns. £0.95

### Eggs Benedict

Poached eggs on a toasted English muffin, topped with hollandaise sauce.

- With ham, sausage, bacon or spinach. £8.45

- With smoked salmon. £8.95

### Eggs and Toast

Poached, scrambled or fried. £4.95

- With bacon or grilled sausage. £5.70

- With salmon & cream cheese. £6.85

**Spicy Scrambled Eggs (v) NEW** £6.75 / with bacon £7.45

With jalapeños, avocado, cherry tomatoes, spinach & onions, topped with cheddar cheese & served with toasted health bread.

**Eggs from the Forest (v) NEW** £7.45

Spinach, mushrooms & feta served on toasted health bread and topped with soft poached eggs. Drizzled with black truffle oil.

**Scrambled Egg & Avocado Bagel (v)** £8.25

With grilled peppers, chives & feta.

## OMELETTES

**Ham, Cheese & Tomato** £7.45

**Grilled Vegetable & Goats Cheese (v) NEW** £8.45

Open omelette topped with caramelised red onions & extra virgin olive oil.

**Spinach & Truffle (v) NEW** £8.45

Open omelette with sun-blushed tomatoes, mushrooms, rocket and parmesan.

*All our omelettes can be made with egg whites only - add £1.*

## SWEET TASTES

**Classic French Toast** £6.50

With bacon & maple syrup.

**Crunchy Nut French Toast (v) NEW** small £4.95 / reg. £7.95

Pan-fried French toast rolled in crushed cornflakes, oats, raisins, almonds & hazelnuts, served with mixed berries and banana. Drizzled with maple syrup.

**Pancakes with Maple Syrup (v)** £3.95

- With blueberries or bacon. £5.25

## Freshly Baked

Ask your waiter about our delicious selection of muffins, cookies, croissants, cakes, scones & Danish pastries.

All products subject to availability.

There is a possibility that nuts or traces of nuts may be found in any of our products.

There will be an extra charge for variations and additions to the menu.

# The Deli

## GOURMET SANDWICHES

**Club Sandwich** £7.95

Chicken, bacon, tomato, lettuce & mayonnaise.

**Warm Salt Beef NEW** £7.95

Shavings of warm salt beef on health bread with rye, served with gherkin & wholegrain sweet mustard.

**Buck & Bunny Rarebit** £7.45

Grilled with welsh rarebit cheese sauce, topped with poached eggs & bacon.

**The Veggie (v) NEW** £7.95

Open health bread sandwich with hummus, grilled vegetables, artichokes, rocket, tzatziki & extra virgin olive oil.

**Prawn Marie Rose NEW** £7.95

Open health bread sandwich with king prawns, avocado, crispy lettuce & roasted lemon wedges, mixed with marie rose sauce.

## TOASTED

*Served on panini, baguette, bagel, white or brown bread. Or try our new multi-seed wholewheat bread packed with oatmeal, rye, linseed, poppy, millet, sunflower & pumpkin seeds.*

**Classic Bacon** £4.95

**Toasted Cheese and Tomato (v)** £5.95

Mozzarella, rocket, sweet basil & olive oil.

**Grilled Bacon** £7.45

With avocado & mozzarella.

**Smoked Salmon** £7.45

With rocket, avocado & cream cheese.

**Tuna Melt** £6.95

Tuna mayo, gherkin, spring onion & melted cheddar cheese.

**Sweet Chilli Chicken Breast** £7.95

With avocado, sesame seeds, lettuce, tomato & mayonnaise.

## FEGO WRAPS

**Giro Wrap** £8.25

Chicken breast, cucumber, onion, tomato, tzatziki & hummus.

**Cajun Chicken Wrap** £8.95

Cajun grilled chicken, avocado, grilled peppers, lettuce, tomato & chillinise sauce.

**Halloumi Wrap (v)** £8.45

With rocket, sun-blushed tomatoes, avocado & pestonaise dressing.

**Seafood Wrap** £9.75

Smoked salmon, Atlantic prawns, rocket, capers, avocado & marie rose sauce.

**Flaming Hot Beef Wrap NEW** £8.95

Shavings of beef mixed with lettuce, jalapeño, avocado, cheddar cheese & tomatoes, served with sweet chilli sauce.

(v) = Vegetarian NEW = New addition

## Soups & Snacks

<b>Soup of the Day</b>	cup £3.95 / bowl £5.95
Served with health bread.	
<b>Snack Platter (v) NEW</b>	£5.95
Fried halloumi, mixed olives & hummus served with toasted health bread.	
<b>Basket of Chicken Strips</b>	£5.45
With a chillinise sauce.	
<b>Fried Halloumi &amp; Sweet Chilli Sauce (v)</b>	£3.45
<b>Hummus &amp; Toasted Baguette (v)</b>	£2.95
<b>Mixed Olives (v)</b>	£2.95

## Salads

<b>Seared Tuna Steak Nicoise NEW</b>	£9.95
With green beans, lettuce, boiled eggs, new potatoes, anchovies, olives, cucumber, tomatoes & capers, served with a French dressing.	
<b>Cajun Grilled Chicken</b>	£9.95
With avocado, feta, roasted butternut, cherry tomatoes & mixed lettuce leaves, served with a honey mustannaise dressing.	
<b>Warm Beef Salad</b>	£11.75
Strips of grilled ribeye steak on a bed of mixed leaves, cherry tomatoes, beetroot, feta & roasted butternut, served with a sesame and soy dressing.	
<b>Sweet Chilli Chicken</b>	£10.45
With halloumi, sesame seeds, glazed balsamic cherry tomatoes, avocado, peppadews & mixed lettuce, served with a balsamic vinaigrette.	
<b>Seafood Salad</b>	£12.95
Tiger prawns, Atlantic prawns, smoked salmon, rocket, baby gem, capers & cherry tomatoes, served with marie rose sauce.	
<b>Grilled Vegetable (v)</b>	£10.95
Courgettes, aubergines, artichokes, peppers, roasted butternut, mushrooms, cherry tomatoes & green beans, served with an olive oil & balsamic vinegar dressing.	
<b>Warm Goats Cheese (v)</b>	£9.95
Drizzled with basil pesto on a bed of mixed leaves, sun-blushed tomatoes, grilled peppers, caramelized onions, beetroot & avocado, served with a balsamic vinaigrette.	
<b>Ultimate Superfood Salad (v) NEW</b>	£9.95
Quinoa, beetroot, roasted butternut, feta, tomatoes, green beans, courgettes, aubergines, baby gem & peppers, served with a French dressing.	

## Pasta

<b>Penne al Pomodoro (v)</b>	£7.95 / add chilli £8.50
Plum tomato & sweet basil sauce.	
<b>Classic Mac &amp; Cheese (v) NEW</b>	£6.95
Oven baked and served with a side salad.	
<b>Pastichio NEW</b>	£8.75
Penne pasta baked in a creamy pomodoro sauce mixed with bolognese, grated mozzarella & parmesan. Served with a side salad.	
<b>Spaghetti Bolognese</b>	£9.45
Lean beef mince & plum tomato sauce.	

## Burgers

<b>FEGO Home Burger</b>	£9.95
Prime ground beef, red onion, tomato, lettuce, gherkins & our special burger sauce, served with fries.	
<b>Bacon, Cheese &amp; Avocado Burger</b>	£10.95
Home Burger with bacon, cheddar cheese & avocado, served with fries.	
<b>The Hot One NEW</b>	£10.95
Prime ground beef, jalapeño, cheddar, avocado, tomato and lettuce, finished with a chillinise sauce and served with onion rings & fries.	
<b>Cajun Chicken Burger NEW</b>	£11.25
Cajun chicken breast, lettuce, tomato and mayonnaise, served with fries.	

Swap classic fries for sweet potato fries - add 50p

## Fego Meals

<b>10oz Ribeye Steak NEW</b>	£14.50
Served with fries and hollandaise sauce.	
<b>Bratwurst Hot Dog</b>	£8.50
Served with caramelized onions, wholegrain sweet mustard & fries.	
<b>Ribeye Steak Baguette</b>	£10.95
With caramelised onions, rocket, sun-blushed tomatoes, wholegrain sweet mustard & fries.	
<b>Salmon Fish Cake</b>	£8.50
Served with a sweet chilli sauce, mixed leaves and quinoa salad.	
<b>Seared Tuna Steak NEW</b>	£10.95
Marinated in sesame & soy sauce, served with grilled vegetables, capers & quinoa salad.	

## Sides

<b>Classic Fries</b>	£2.75
<b>Sweet Potato Fries NEW</b>	£3.45
<b>Mixed Leaf Salad</b>	£3.45
<b>Warm Demi Baguette</b>	£1.95
<b>Battered Onion Rings NEW</b>	£2.95

## Dessert

<b>Ice Cream &amp; Hot Chocolate Sauce</b>	£3.95
<b>Chocolate Brownie &amp; Ice Cream</b>	£3.45
<b>Lemon &amp; Almond Drizzle Slice</b>	£2.75
<b>Cake Slice</b>	£3.45
- With cream or ice cream.	
<b>Bowl of Fresh Fruit</b>	£4.95
<b>Waffles</b>	£4.50
With vanilla ice cream & chocolate sauce.	

## Coffees

<b>Cappuccino</b>	reg. £2.45 / mug £2.95
<b>Americano</b>	£1.95 / £2.45
<b>Caffé Latte</b>	£2.55 / £2.95
<b>Espresso or Macchiato</b>	£1.95
<b>Belgian Mochachino</b> With white or dark Belgian chocolate.	£2.85 / £3.35
<b>Dark Mocha Latte</b> With vanilla & melted chocolate.	£2.85 / £3.35
<b>Flat White</b> Double shot espresso with hot milk.	£2.85
<b>Fegoccino</b> Low fat frosted coffee cino.	£2.95
<b>Iced Latte</b> Creamy ice cold, sweetened latte.	£2.95
<b>Extras</b>	
- Extra coffee shot.	£0.35
- Flavour Shot of almond, caramel, vanilla, nutella or hazelnut.	£0.35
- Cream or marshmallows.	£0.35

## Hot Drinks

<b>Pot of Tea</b>	
- Regular.	£1.95
- Earl grey or herbal (camomile, red bush or green tea).	£2.45
- Fresh mint.	£2.25
<b>Chai Latte</b>	reg. £2.75 / mug £3.25
Spiced tea with thick foamy milk.	
<b>Hot Chocolate</b>	£2.75 / £3.25
<b>Decadent Hot Chocolate</b>	£2.95 / £3.45
Topped with marshmallows & whipped cream.	

## Smoothies & Shakes

<b>All-In-One Breakfast Smoothie</b>	£3.85
Wholewheat flakes, rolled oats, raisins, roasted sliced almonds & hazelnuts, blended with yoghurt, banana, mixed berries, honey & milk.	
<b>Fruit Smoothies</b>	£3.45
Made with real fruit. Strawberry & banana, strawberry & mango or blueberry & raspberry, blended with your choice of orange or apple juice.	
<b>Milkshakes</b>	
- Coffee, chocolate, strawberry, hazelnut, vanilla, banana or caramel.	£2.95
- Vanilla cookie, smartie or nutella.	£3.45
- Vanilla with a shot of Amarula, peppermint liqueur or Baileys.	£4.95

## Winter Warmers NEW

Add a shot of Amarula, peppermint liqueur or Baileys to your favourite hot drink - add £2.00

## Cold Drinks

### Soft Drinks

- Coke, Diet Coke, 7up & Fanta Orange.	£2.10
- Appletiser.	£2.95
- Peach or lemon iced tea.	£2.25
- Fentimans ginger beer.	£2.95
- Belvoir drinks: elderflower presse, organic lemonade, pomegranate & raspberry.	£2.95

### Fruit Juice

- Freshly squeezed orange juice.	£2.95
- Tomato juice (plain or spicy).	£2.75
- Apple or cranberry juice.	£2.75

### Mineral Water

Still or sparkling.	£1.95
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### Rock Shandy

Lemonade & Angostura bitters.	£2.75 / with lime £2.95
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## Beer, Wine & Spirits

### Beer & Cider

- Corona or Peroni.	£3.50
- Kopparberg Apple or Pear Cider (500ml).	£4.50

### Spirits and Cocktails

- Vodka, gin or whiskey (25ml).	£2.95
- Schweppes mixers (soda water or tonic).	£1.45
- Bloody Mary (vodka & tomato juice).	£5.45

### Champagne

125ml £7.50 / £40.00

### Wines

- Conto Vecchio Pinot (Rose).	175ml £4.25 / £16.00
- Ca Marengo Pinot Grigio (White).	£4.25 / £16.00
- Spy Mountain, Sauvignon Blanc (White).	£19.95
- Elitao Montepulciano Diabruzzo (Red).	£4.25 / £16.00
- Chianti Riserva Villa, Di Campobello 2006 (Red).	£5.25 / £19.95
- Bis Bis Prosecco Frizzante Raboso (Sparkling).	£19.00