



WE ARE
Open

GROUND UP MENU

TAKE
Away



Monday - Friday
8:30 am - 3:00 pm
(Kitchen closes at 2pm)

BREAKFAST

Available All Day
Add additional items @ £1.00 each

Sausage or Bacon £3.00

soft roll, wrap or bagel with sausage or bacon,
+ bacon, sausage, egg or hash brown + £1.00 each

Sausage & Bacon £4.00

soft roll, wrap or bagel with sausage or bacon,
+ bacon, sausage, egg or hash brown + £1.00 each

Egg & Avocado on Sourdough £5.50

Full Breakfast £6.95

sausage, bacon, hash brown, mushrooms, tomato, egg
additional items+ £1.00 each

Granola Pot £3.50

**Scrambled Egg or Beans
on toast** £3.80

Toast, butter and a spread £2.50

SALADS

Ask if you'd like extras

The HIC Salad £4.95

Lettuce, cherry tomatoes, cucumber, red onion, peppers -
Add either tuna, egg, chicken or cheese and your choice of
salad dressing - ask about our extras!

Caesar Salad £4.95

Chicken, Sweet gem lettuce, croutons and parmesan with a
creamy caesar dressing

Pasta Salad £4.95

Pasta shell, cucumber, peppers, sweetcorn with a peppery
mayo sauce - Add either tuna, chicken or cheese - ask
about our extras

ROLLS, WRAPS, SANDWICHES

Add Side Salad or Coleslaw @ £1.00 each

Cheese Roll £3.20

Egg Mayonnaise £3.20

Tuna Mayonnaise £3.20

Cheese and Coleslaw £3.20

Chicken Salad £4.00

Ham Salad £4.00

Coronation Chicken £4.00

Roast veg and Hummus £4.00

with Feta or falafel

TOASTIES AND PANINIS

Comes with a side of salad and crisps

Mozzeralla, Tomato and Pesto £6.25

Cheese & Ham £6.25

Coronation Chicken £6.25

Tuna Melt £6.25

BBQ Chicken Melt £6.25

BLT Bacon, lettuce & Tomato £6.25

JACKET POTATOES

Add Salad or Coleslaw @ £1.00 each

Cheese and Beans £5.50

Tuna Mayonnaise £5.50

Cheese and Coleslaw £5.50

Coronation Chicken £5.50

Extra charges will apply for any additional items

Daily specials on the board

Please inform us of any allergens when ordering. While we take precautions to minimise cross-contamination, our kitchen uses shared equipment, so we cannot guarantee allergen-free food.

Our ingredients may contain: Peanuts, Sesame, Gluten (Cereals), Tree Nuts, Crustaceans, Celery & Celeriac, Eggs, Fish, Lupin, Milk, Molluscs, and Sulphites.