

# The Muffin Man Tea Shop

## THE MUFFIN MAN BREAKFAST

1	Freshly squeezed Orange Juice Scrambled Eggs with Sausage, Bacon & Beans Toast and Butter, Honey, Jam or Marmalade Tea or Coffee 🍷🥛🍳🌿	£10.50
2	Plain Omelette 🍳 Extras: Mushroom, Tomato, Ham or Cheese 🥛 Additional Charge each	£5.70 £1.85







## OPTIONAL EXTRAS (served all day)

3	Stewed Prunes	£1.90
4	Porridge 🍷🥛	£3.60
5	Cornflakes 🍷🥛	£3.20
6	Branflakes 🍷🥛	£3.20
7	Muesli 🍷🥛🍌	£3.40
8	Poached Eggs on Toast 🍳🍷🥛🌿	£4.50
9	Poached Eggs with Smoked Salmon 🍳🐟	£7.75
10	Scrambled or Poached Eggs (plain) 🍳🥛	£3.90
11	Scrambled Eggs with Smoked Salmon 🍳🐟🥛	£7.75
12	Scrambled Eggs on Toast 🍳🍷🥛🌿	£4.50
13	Scrambled Eggs with Ham or Sausage or Bacon 🥛🍳	£4.70
14	Toasted English Muffin with Scrambled Eggs and Ham 🍳🍷🥛🌿	£5.40
15	Hot Buttered Toast 🍷🥛🌿	£1.10
16	Toasted Buttered English Muffin 🍷🥛🌿	£1.60
17	Toasted Buttered Teacake 🍷🥛🌿	£1.60
18	Two Toasted Buttered Crumpets 🍷🥛	£1.70
19	Hot Buttered English Scone 🍷🥛🍳	£1.55
20	Hot Buttered Homemade Tea Bread 🍷🥛🍳	£3.30
21	Honey, Jam or Marmalade	£1.00
22	Devon Cream Portion 🥛	£1.55

## PASTRIES

23	Croissant 🍷🥛	£1.80
24	Croissant with Butter and Jam 🍷🥛	£2.40
25	Almond Croissant 🍷🥛🍌	£1.90
26	Daily choice of Danish Pastries 🍷🥛🍌	£1.90

## DRINKS

27	Pot of Tea for one .....	£2.30
28	Pot of Tea for two .....	£4.00
	Muffin Man own blend, Earl Grey, Darjeeling, Green Tea, Redbush Caramel Velvet, Rosehip, Camomile, Peppermint, Jasmine, Lapsang Suchong, Superfruity, Citrus Ginger Twist	
29	Decaffeinated Tea .....	£2.30
30	Cup of Filter Coffee .....	£1.85
	Espresso .....	£1.90
	Cappuccino  .....	£2.00
	Café Latte  .....	£2.20
31	Decaffeinated Coffee .....	£2.00
	Decaffeinated Cappuccino  .....	£2.10
	Decaffeinated Café Latte  .....	£2.30
32	Hot Chocolate / Mocha  .....	£2.70
33	Freshly Squeezed Orange Juice or Carrot Juice .....	£2.50
34	Other Juices: Pineapple, Grapefruit or Apple .....	£1.95
35	Coca Cola / Diet Coke / Zero .....	£1.85
36	Fanta / Sprite .....	£1.85
37	Iced Coffee (with Ice Cream)  .....	£3.50
38	Iced Tea .....	£2.40
39	Sparkling Water .....	£1.70
40	Bottle of Still Water (500ml) .....	£1.70
	<i>Soya milk available upon request 🌱</i>	

## CAKES

41	Queen Mother's Cake ( <i>Highly Recommended</i> )  .....	£3.60
	Lemon Cake  .....	£3.70
	Coffee & Walnut Cake  .....	£3.70
	Passion Carrot Cake  .....	£3.70
	Cheesecake  .....	£3.70
	Chocolate Fudge Cake / Chocolate Mousse Cake  .....	£3.70
	Cake of the Week ( <i>for allergens please ask</i> ) .....	£3.70
42	Apple Pie  .....	£3.70
	Apple Pie (hot) with Ice Cream  .....	£3.70
43	Cupcake with Buttercream Icing  .....	£4.60
44	Red-velvet Cupcake with Cream-cheese Icing  .....	£2.20
45	American Muffin (Chocolate, Chocolate Chip, Lemon, Blueberry)  .....	£2.25
46	Banana and Toffee Muffin  .....	£2.40

## MUFFIN MAN SET TEAS

### MUFFIN MAN TEA

Pot of Tea

Toasted English Muffin or Toasted Teacake with Jam or Honey 

Choice of Cake ( *see above for allergens* ) .....

£6.80

### DEVON CREAM TEA

Pot of Tea

Two Toasted Scones with Jam & Devon Cream 

£6.40

### TRADITIONAL TEA

Pot of Tea .....

Cucumber & Tomato Sandwiches 

Choice of Cake ( *see above for allergens* ) .....

£7.50

All our sandwiches and salads are made to order, so please bear with us if yours takes a little longer than it would in a fast food restaurant.

## SANDWICHES

Our sandwiches are made with brown bread unless white is requested 🌾🥛🥒

47	Cream Cheese with Cucumber or Chives 🥛	£3.65
48	Cheddar Cheese with Celery or Chopped Dates 🥛🥒	£3.55
49	Cream Cheese, Red Pepper & Walnuts 🥛🌰	£3.95
50	Tuna Mix with Tomato, Cucumber & Mayonnaise 🐟🥒🥛	£3.95
51	Egg Mayonnaise with Bacon & Green Pepper 🥚	£3.95
52	Prawn, Lettuce, Cucumber & Mayonnaise 🦞🥚	£4.75
53	Smoked Salmon, Cream Cheese & Chives 🐟🥛	£5.80
54	Tuna Mix & Cheddar Cheese 🐟🥒🥚🥛	£4.20
55	Bacon, Lettuce, Tomato & Mayonnaise 🥚	£4.10

## THE ORIGINAL MUFFIN MAN

56	Chicken with Crispy Bacon, Lettuce, Tomato, Cucumber & Mayonnaise 🥚	£4.50
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## TOASTED SPECIALS

57	Salami with Cheddar Cheese & Tomato 🥛	£4.10
58	Ham with Cheese & Pineapple 🥛	£4.10
59	Ham, Cheese & Lettuce, with Mayonnaise, Mustard or Chutney 🥛🧄🥚	£4.10

## THE DOUBLES, THE TWO TIER

60	Ham, Mustard, Avocado, Chicken & Mayonnaise 🧄🥚	£5.40
61	Chopped Egg, Capers, Spring Onion, Tuna Mix, Red Pepper & Lettuce 🥚🐟🥒	£5.40

All sandwiches can be toasted if requested at an extra charge ..... £0.30

## THE MUFFIN MAN CLUB SANDWICH

62	Toasted with Crisp, Ham, Chicken, Bacon, Boiled Egg, Tomato, Cucumber, Lettuce, Mustard & Mayonnaise 🥚🧄	£6.10
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Gluten free bread 🥚 / Vegan spread available upon request ..... £0.40




## PANINIS

I	Chicken, Crispy Bacon, Lettuce, Tomato, Cucumber & Mayonnaise 🌾🥚🥛	£4.80
II	Tuna Mix, Tomato, Cucumber & Mayonnaise 🌾🥛🐟🥚🥒	£4.20
III	Mozzarella, Tomato & Fresh Basil 🌾🥛	£4.20
IV	Cheddar Cheese, Ham & Tomato 🌾🥛	£4.10
V	Bacon, Lettuce & Tomato 🌾	£4.10
VI	Goat's Cheese & Sundried Tomato 🌾🥛	£4.60
VII	Salami, Cheddar Cheese & Sundried Tomato 🌾🥛	£4.20
VIII	Halloumi Cheese & Tomato 🌾🥛	£4.10

For any special fillings, please ask your waitress. Half portions available for children.

## LIGHT LUNCHES & SALADS












All main salads served with bread & butter (excluding 72,73,74)   

63	Avocado Salad		£4.80
64	Muffin Man Rarebit (with Cheese & Ale)	  	£4.60
65	Egg Mayonnaise Salad		£4.60
66	Prawn Salad	 	£6.50
67	Cheese & Apple Salad		£4.70
68	Tuna & Spring Onion Salad	  	£5.60
69	Ham Salad		£5.55
70	Chicken in a mild Curry Dressing with Apricots, Avocado & Lettuce		£6.65
71	Cottage Cheese & Prawn Salad	 	£6.60
72	Chicken Caesar Salad ( with Caesar dressing)	 	£7.50
73	Feta Cheese Salad ( Cherry Tomatoes, Green Olives, Red Onion, Lettuce )		£6.30
74	Grill Halloumi Salad (with Cherry Tomatoes, Green Olives, Red Onion, Lettuce )		£7.30












## SIDE SALADS

75	Cucumber in Yogurt with Mint or Parsley		£2.60
76	Tomato, Cucumber, Lettuce		£2.60

## HOT DISHES served with side salad

77	Spaghetti Bolognese	 	£7.00
78	Lasagne	 	£7.00
79	Spinach Quiche	    	£6.80
80	Traditional Steak & Kidney Pie with Chips & Gravy (no salad)	 	£6.60

## JACKET POTATO served with side salad







81	Butter		£4.60
82	Baked Beans		£5.35
83	Coleslaw		£5.35
84	Cheddar Cheese		£5.35
85	Cream Cheese		£5.10
86	Cottage Cheese		£5.35
87	Egg Mayonnaise		£5.35
88	Tuna Mix	  	£5.40
89	Prawns Mayonnaise	 	£6.45

Salads accompanied with Muffin Man house dressing 

## HOME MADE SOUPS Served with bread & butter

Tomato Soup		£3.60
Soup of the Day ( for allergens please ask)		£3.60

## PANCAKES

90	Pancake (Plain) 	£2.50
	Toppings (price per topping)	£1.00
	Fresh Fruit: Raspberries / Strawberries / Blueberries / Bananas / Apples	
	Tinned Fruit: Peach / Pineapple / Apricot	
	Jam / Nutella  / Honey / Maple Syrup / Whipped Cream 	
	Dessert Sauce: Chocolate  / Toffee  / Salted Caramel  / Strawberry	




## MILKSHAKES

91	Strawberry / Chocolate / Banana / Vanilla / Coffee	£3.25
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## SMOOTHIES

92	Strawberry, Raspberry & Blackberry	£3.75
93	Mango, Pineapple & Passion Fruit	£3.75
94	Kale, Spinach & Mango	£3.75
95	Strawberry & Banana	£3.75

Dear valued customers; please be advised that at we handle numerous allergens in our kitchens, and although we take great care to avoid potential cross contact, we can not guarantee that our food does not contain traces of any allergen.

 Celery	 Fish	 Mustard	 Sesame Seeds
 Gluten	 Lupin	 Nuts	 Soya
 Eggs	 Dairy	 Peanuts	 Crustaceans