

# THE MUFFIN MAN MENU

## BREAKFAST

(served all day)

### 1 MUFFIN MAN BREAKFAST | 10.50

Freshly squeezed Orange Juice,  
Scrambled Eggs with Sausage, Bacon & Beans  
Tea or Coffee, Toast & Butter, Honey, Jam or Marmalade,  
Chicken, Beef (halal) & Quorn (v) Sausages available

### FREE RANGE EGGS

2	Eggs Benedict - English Muffin, Poached Egg & Bacon with Hollandaise Sauce.....	8.25
3	Eggs Royal - English Muffin, Poached Egg, Smoked Salmon with Hollandaise Sauce.....	9.25
4	Eggs Florentine - English Muffin, Poached Egg & Spinach with Hollandaise Sauce (v) .....	8.25
5	Plain Omelette (v) .....	6.00
	Extras: Mushroom, Peppers, Tomato, Ham or Cheese.....	1.30 each
6	Scrambled or Poached Eggs (plain) (v) .....	4.00
7	Poached Eggs on Toast (v) .....	4.65
8	Poached Eggs with Smoked Salmon.....	8.00
9	Scrambled Eggs on Toast (v) .....	4.65
10	Scrambled Eggs with Smoked Salmon .....	8.00
11	Scrambled Eggs with Ham or Sausage or Bacon .....	4.90
12	Toasted English Muffin with Scrambled Eggs & Ham .....	5.60

### OPTIONAL EXTRAS

13	Toasted Buttered English Muffin (v) .....	1.65
14	Buttered Toast – White (v), Wholemeal (v)(vg), Multi-Grain (v)(vg)   Gluten Free (v) .....	1.15   1.55
15	Toasted Buttered Teacake (v) .....	1.65
16	Two Toasted Buttered Crumpets (v) .....	1.80
17	Toasted Buttered English Scone (cut in half) (v) .....	1.60
18	Toasted Buttered Homemade Tea Bread (v) .....	3.35
19	Honey (v), Jam (v)(vg) or Marmalade (v), Marmite (v)(vg) or Nutella (v) .....	1.20
20	Devon Cream (v) .....	1.60
21	Stewed Prunes (v)(vg) .....	1.95
22	Porridge (v) .....	3.70
23	Cornflakes (v) .....	2.95
24	Muesli (v) .....	3.50
25	Croissant (v) .....	1.85
26	Croissant with Butter and Jam (v) .....	2.45
27	Almond Croissant (v) .....	2.10
28	Daily choice of Danish Pastries (v) .....	1.95
29	Vegan Spread (v)(vg) .....	0.50
30	Alternative milks for breakfast- Almond, Oat or Soya Milk (v)(vg).....	0.60

### PANCAKES

31	THE MUFFIN MAN PANCAKE - Banana Pancake with Blueberries & Cinnamon (v) .....	4.25
32	3 Pancakes (Plain) (v) .....	3.60
	Toppings: .....	1.20 each
	Fresh Fruit - Raspberries, Strawberries, Blueberries, Bananas	
	Tinned Fruit - Peach, Pineapple, Apricot	
	Jam (v)(vg), Nutella (v), Honey (v), Maple Syrup (v)(vg), Whipped Cream (v)	
	Dessert Sauce: Chocolate (v)(vg), Toffee (v), Salted Caramel (v), Strawberry (v)(vg)	

# SANDWICHES

*Our sandwiches are made with brown bread unless white is requested.*

33	Cream Cheese, Cucumber & Chives (v) .....	3.75
34	Ploughmans - Cheddar Cheese, Branston Pickle & Cucumber (v) .....	3.75
35	Cheddar Cheese with Celery or Chopped Dates (v) .....	3.65
36	Cream Cheese, Red Pepper & Walnuts (v) .....	4.05
37	Egg Mayonnaise, Bacon & Cress.....	4.05
38	Prawn, Lettuce, Cucumber, and Mayonnaise.....	4.90
39	Tuna Mix & Cheddar Cheese .....	4.30
40	BLT- Bacon, Lettuce, Tomato & Mayonnaise.....	4.20
41	Hummus, Crushed Chick Peas, Avocado, Red Pepper, & Spinach (v)(vg) .....	4.05

42	<b>THE ORIGINAL MUFFIN MAN SANDWICH</b> .....	4.70
	Chicken, Crispy Bacon, Lettuce, Tomato, Cucumber & Mayonnaise	
43	<b>THE MUFFIN MAN CLUB SANDWICH</b> .....	6.40
	Toasted with Ham, Chicken, Bacon, Boiled Egg, Tomato, Cucumber & Lettuce (includes crisps)	
	<b>THE TWO TIER</b>	
44	Ham, Mustard, Avocado, Chicken & Mayonnaise.....	5.60
45	Chopped Egg, Capers, Spring Onion, Tuna Mix, Red Pepper & Lettuce.....	5.60

*Sandwiches can be toasted upon request at an additional charge.* 0.35

## TOASTED SANDWICHES

46	Salami, Cheddar Cheese & Tomato.....	4.25
47	Ham, Cheddar Cheese & Pineapple.....	4.25
48	Ham, Cheddar Cheese, Lettuce with Mayonnaise, Mustard or Chutney.....	4.25
49	Rarebit (Cheese & Ale) .....	4.80

## OPEN SANDWICHES (Toasted)

50	Smashed Avocado, Rocket, Mixed Seeds (v)(vg).....	3.50
51	Smashed Avocado, Chicken, Rocket with Balsamic Glaze or Caesar Dressing or both .....	5.50
52	Salmon, Dill Cream Cheese, Cucumber.....	5.70
53	Feta, Tomato, Rocket & Mint (v).....	3.95
54	Egg Mayonnaise, Cherry Tomatoes & Spinach (v).....	3.50
55	Extras Toppings - Feta Cheese (v), Goats Cheese (v), Poached Egg (v), Bacon, Walnuts (vg).....	2.00 each

## PANINIS

56	Chicken, Crispy Bacon, Lettuce, Tomato, Cucumber & Mayonnaise.....	4.90
57	Tuna Mix, Tomato, Cucumber & Mayonnaise.....	4.30
58	Mozzarella, Tomato & Fresh Basil (v).....	4.30
59	Cheddar Cheese, Ham & Tomato.....	4.20
60	Bacon, Lettuce & Tomato.....	4.20
61	Goat's Cheese & Sundried Tomato (v).....	4.70
62	Halloumi Cheese & Tomato (v).....	4.30
63	Salami, Cheddar Cheese & Sundried Tomato.....	4.30

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

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

# SALADS

*Salads are served with The Muffin Man salad dressing, unless stated otherwise.*

64	Avocado Salad with rocket, lettuce, cherry tomato, cucumber, spring onion, chickpeas &..... mixed seeds (v)(vg)	5.20
65	Avocado & Egg Mayonnaise Salad with lettuce, tomato, cucumber & mixed seeds (v) .....	5.20
66	Prawn Cocktail with Lettuce, Chives, Spring Onion & homemade Thousand Island dressing .....	6.90
67	Tuna Mayonnaise & Spring Onion Mix with rocket, lettuce, tomatoes, olives, capers &..... mixed seeds	5.80
68	Ham Salad with avocado, lettuce, tomato, egg & homemade croutons .....	6.00
69	Chicken in a mild Curry Dressing with apricots, avocado & lettuce .....	6.95
70	Chicken or Prawn Caesar Salad with Caesar dressing .....	7.80
71	Feta Cheese Salad with cherry tomatoes, green olives, red onion & lettuce (v) .....	6.50
72	Grilled Halloumi Salad with cherry tomatoes, green olives, red onion & lettuce (v) .....	7.50

# HOT DISHES

73	Spaghetti Bolognese .....	7.30
74	Lentil Ragu with Spaghetti (v)(vg).....	7.30
75	Beef Lasagne .....	7.30
76	Spinach Quiche with Side Salad & Homemade Coleslaw(v) .....	7.10
77	Steak & Kidney Pie with Chips .....	6.90
78	Fish Finger Sandwich with Lettuce, Tartare Sauce with Chips or Side Salad.....	7.25

## **JACKET POTATO** *served with salad.*

79	Butter (v).....	4.70
80	Baked Beans (v)(vg).....	5.50
81	Homemade Coleslaw (v).....	5.50
82	Cheddar Cheese (v).....	5.50
83	Cream Cheese (v).....	5.25
84	Egg Mayonnaise (v).....	5.50
85	Tuna Mix .....	5.55
86	Prawns Mayonnaise .....	6.65
87	Lentil Ragu (v)(vg).....	5.60
	Extra Toppings: Baked Beans, Coleslaw, Cheddar Cheese, Egg Mayonnaise, Tuna Mix, Lentil Ragu(v)(vg)  Prawns	1.50   1.70

## **HOMEMADE SOUP** *served with bread & butter*

88	Tomato Soup (v)(vg).....	3.80
89	Soup of the Day ( <i>please ask</i> ).....	3.80

# SIDES

90	Side Salad - Lettuce, Tomatoes, Cucumber & Cress (v)(vg)   2.75
91	Cucumber in Yogurt with Mint (v)   2.75
92	Chips (v)(vg)   2.80

# THE MUFFIN MAN

## TEA SETS

### 93 MUFFIN MAN TEA (v) | 7.00

Toasted English Muffin or Toasted Teacake with Jam or Honey  
Choice of Cake (check cakes for allergies)  
Pot of Tea

### 94 DEVON CREAM TEA (v) | 6.60

Two Toasted Scones with Jam & Devon Cream  
Pot of Tea

### 95 TRADITIONAL TEA (v) | 7.70

Pot of Tea  
Cucumber & Tomato Sandwiches  
Choice of Cake

### 96 3 TIER AFTERNOON TEA for 2 | 29.00

with a glass of Pink Prosecco each  
Choice of Coffee or a Pot of Muffin Man Tea

#### TIER 1

Finger Sandwiches - Choice of 3 fillings  
Cucumber (v), Tomato (v), Ploughmans (v) Egg Mayonnaise & Cress (v) or Smoked Salmon

#### TIER 2

Mini Cakes (v) - Victoria Sponge, Lemon Drizzle, Carrot Cake, Chocolate Sponge

#### TIER 3

Scones with Strawberry Jam & Devon Cream (v)

## CAKES

97	Queen Mother's Cake - Dates & Walnuts (v).....	3.85
98	Lemon Cake (v).....	3.85
99	Coffee & Walnut Cake (v).....	3.85
100	Passion/Carrot Cake (v).....	3.85
101	Cheesecake (v).....	3.85
102	Chocolate Fudge Cake (v).....	3.85
103	Banana Bread (v).....	3.40
104	Banana Bread with Chocolate Chips (v) .....	3.45
105	Marble Cake with Chocolate & Almond (v).....	3.40
106	Lemon Drizzle Cake (v).....	3.40
107	Apple Pie (v).....	3.85
108	Apple Pie served hot with Vanilla Ice (v).....	4.80
109	Cupcake with Butter Cream Icing (v).....	2.30
110	Red Velvet Cupcake with Cream Cheese Icing (v).....	2.40
111	Muffins - Chocolate, Chocolate Chip, Lemon, Blueberry (v).....	2.25
112	Banana & Toffee Muffin (v).....	2.50

## ICE CREAM (v)

113 Selection of ice-creams available, see separate menu.

# DRINKS

## HOT DRINKS

114	Pot of Tea for One .....	2.35
115	Pot of Tea for Two .....	4.10
	CHOICE OF LOOSE TEAS	
	Muffin Man own blend, Earl Grey, Darjeeling, Green Tea, Redbush Caramel Velvet, Rosehip, Camomile, Peppermint, Jasmine, Lapsang Suchong, Superfruity, Citrus Ginger Twist	
116	Green Teas, Black Teas & Herbal Infusions (see separate menu) .....	3.35   3.20
117	Flowering Teas (see separate menu) .....	3.30
118	Decaffeinated Tea .....	2.30
119	Cup of Filter Coffee .....	1.90
120	Espresso- Single   Double.....	1.95   3.70
121	Cappuccino .....	2.20
122	Latte .....	2.40
123	Decaffeinated Coffee .....	2.10
124	Decaffeinated Cappuccino .....	2.30
125	Decaffeinated Latte .....	2.50
126	Hot Chocolate .....	2.90
127	Mocha .....	2.95
	EXTRAS	
128	Soya, Oat and Almond Milk (v)(vg) .....	0.35
129	Flavoured Syrups – per shot.....	0.40

## COLD DRINKS

130	Freshly Squeezed Orange Juice or Carrot Juice .....	2.60
131	Pineapple, Grapefruit or Apple Juice .....	2.00
132	Coke .....	2.00
133	Diet Coke, Coke Zero .....	1.95
134	Fanta, Sprite Zero .....	1.85
135	Bottle of Still Water (500ml) .....	1.75
136	Sparkling Water .....	1.85
137	Iced Tea .....	2.50
138	Iced Coffee (with ice cream) (v).....	3.60

## MILKSHAKES (v)

139	Vanilla, Strawberry, Chocolate, Banana or Coffee.....	3.40
-----	---	------

## SMOOTHIES (v)(vg)

140	Strawberry, Raspberry & Blackberry .....	3.90
141	Mango, Pineapple & Passion Fruit .....	3.90
142	Kale, Spinach & Mango .....	3.90
143	Strawberry & Banana .....	3.90

## ALCOHOL

144	White Wine Passionesentimento Veneto Blanco 125ml   250ml   Btl.....	3.95   6.95   18.95
145	Red Wine Passionesentimento Veneto Rosso 125ml   250ml   Btl.....	3.95   6.95   18.95
146	Passionesentimento Prosecco Rose 125ml   Btl.....	4.25   21.95
147	Peroni .....	2.95
148	San Miguel .....	2.95