





Start the Day

Last orders for breakfast is 1pm. All breakfasts available with thick white, thick brown or gluten free toast. Add 30p for gluten free toast

Reds Children's Breakfast	£2.80
<i>Cumberland sausage, beans, fried egg and toast</i>	
Scrambled Eggs and Toast (v,gfa) 	£1.60
Sunny Toast (v,gfa) 	£1.60
<i>Fried egg with buttered toast dippers</i>	
Beans and Toast (v,gfa) 	£1.60
French Toast (v,gfa) 	£1.60
<i>Soft bread soaked in beaten egg with milk and cinnamon, griddled and served as fingers with maple syrup or nutella</i>	
Toasted Croissant (v)	£1.80
<i>with ham</i>	£2.20
<i>with cheesy scrambled egg</i>	£2.60

A Munch Before Lunch

Garlic Bread (v) 	£1.60
Hand-cut, Skin-on, Chunky Chips (v,gf,df)	£1.70
<i>with ham and melted cheese (gf)</i>	£2.70
Soup of the Day (gfa,dfa) 	£2.60
<i>with thick white, thick brown or gluten free bread (add 30p for gluten free bread)</i>	
Lentil Soup (v,gfa,dfa) 	£2.60
<i>with thick white, thick brown or gluten free bread (add 30p for gluten free bread)</i>	
Mini Nachos (v) <i>with melted cheese</i>	£1.60

Baby Food 	£1.20
------------------------------------------------------------------------------------------------------	--------------

Reds offers younger diners a selection of delicious, appetising meals. Packed with organic goodness, they are available for 4+ months and 7+ months

	healthier option
v	vegetarian
df	dairy free
dfa	dairy free available
gf	gluten free
gfa	gluten free available
(items with gluten free bread are 30p extra)	


CHILDRENS MENU


Maybe a Sandwich or Wrap

Ham (gfa) 	£2.60
Cheese (v,gfa)	£2.60
Chicken (gfa) 	£2.60
Tuna Mayo (gfa)	£2.60
Egg Mayonnaise (v,gfa)	£2.60
Avocado, Leaf & Honey (v, gfa) 	£2.60
Create Your Own	£2.60
<i>Create your own sandwich or wrap with one filling.</i>	


Additional sandwich/wrap fillings	£0.30		
Cheese	Ham	Tuna Mayo	Egg Mayo
Bacon	Chicken	Tomatoes	

These'll Keep 'em Going

5-a-Day Pasta (v,df) 	£3.60
<i>Home made pasta sauce made with fresh tomatoes, carrots, peppers, onions and apple. Counts as part of your 5-a-day</i>	
Mini-Bakes <i>topped with melted cheese</i>	£3.10
Cheesy-beany potato pie (v,gf)	
Chicken and pasta bake	
Tuna and pasta bake	

Pasta <i>spaghetti or macaroni (v)</i> 	£2.40
<i>With olive oil and a sprinkle of fresh parmesan flakes. Add additional yummy toppings from the list below</i>	
Italian Melt (v)	£2.60
<i>Crispy ciabatta with tomato and garlic herb base topped with melted mozzarella and cheddar. Zing it up with another topping</i>	

Tasty Mozzarella, Ham and Pesto Bites	£2.80
<i>A trio of panini slices with pesto and ham ribbons topped with stringy melted mozzarella</i>	

Jacket Potato <i>with one filling (v,gfa)</i> 	£3.20
<i>Served with dressed salad and nachos. Jive it up and add another filling</i>	

But I'm Starving

Beef Burger	£3.95
<i>A 3oz premium beef burger with chips or mash potato</i>	
Chicken Burger	£3.95
<i>Fresh griddled chicken with chips or mash potato</i>	
Fish and Chips (gf)	£3.95
<i>Fresh haddock in a crispy batter with chips</i>	
Macaroni Cheese (v)	£3.95
<i>Really cheesy macaroni pasta with chips or garlic bread</i>	
Chicken Goujons (gf)	£3.95
<i>Fresh battered chicken strips with chips or mash</i>	

The above dishes are served with dressed salad

Cumberland Sausage, Beans and Mash	£3.95
<i>Two tasty sausages with beans and creamy mash</i>	

Luckily Enough Room For

Fresh fruit (each) 	£0.50
Fresh Fruit Salad 	£2.30
<i>Fresh apple, banana and berries in fruit juice</i>	
Tray Bakes	£1.60
<i>Caramel shortbread, tiffin, malteser cake, cornflake crispy cake, rocky road</i>	
Shortbread	£1.50
<i>Three fingers of Scottish shortbread</i>	
Homemade Pancakes (gf)	£2.90
<i>A trio of pancakes served with either a scoop of ice cream, honey, jam, nutella or maple syrup</i>	
Selection of ice cream	£0.50
<i>per scoop</i>	
<i>add strawberries, banana & marshmallows</i>	£1.80

Help us reduce our waste.
Where meals are served with dressed salad this can be swapped, if you wish, for beans, peas or extra nachos

All our food is freshly prepared on the premises where nuts, gluten and other allergens are present. Our menu descriptions do not include all ingredients. If you have a food allergy, please let us know before ordering and ask to see the **Reds Allergen Handbook** for all our menu items. We use soya bean oil produced from genetically modified soya.