

bod

CAFÉ BARS

GOOD FRESH FOOD MENU



What happens when you take a cafe serving locally roasted coffee & freshly prepared meals, and put it in a fully-stocked bar that includes award winning real ales, craft beers and gin?

Welcome to bod.

Why not sample our superb range of Titanic beers available at every bod venue.



BREAKFAST Served until 12pm

bod Breakfast £11.95

2 Buttercross Farm sausages, 2 bacon, mushrooms, half an oven baked tomato, baked beans, toast & your choice of poached or scrambled egg

bod Vegan Breakfast (ve) £11

Beetroot Falafel, spinach, roasted red pepper, tomato, mushrooms, avocado, beans, toast

American Breakfast £9

3 pancakes, 2 streaky bacon, scrambled egg & maple syrup

Shakshuka (v) £8

Eggs poached in a Mediterranean-style sauce, topped with crumbled feta and a side of oven baked ciabatta

Add Chorizo £1.5

Bacon Sandwich £6.5

Served on your choice of buttered bread

Sausage Sandwich £6.5

Served on your choice of buttered bread

Halloumi & Avocado Toasted

Sandwich (v) £8

Halloumi, avocado, and mushrooms, served on your choice of buttered bread

Swap halloumi for beetroot falafel to make Vegan

Breakfast Bagel £8.5

Buttercross Farm sausage, bacon, spinach, poached egg topped with sriracha sauce

Salmon & Scrambled Egg Bagel £9

Served on a toasted buttered bagel with spinach

Smashed Avocado (ve) £9

Smashed avocado & red pepper on toasted bread

Add Poached Eggs £1.5

Add Bacon £1.5

Eggs Florentine (v) £9

Poached eggs served on a lightly toasted English muffin with spinach & hollandaise

Add Smoked Salmon £3.5

Eggs Benedict £9.5

Ham & poached eggs served on a lightly toasted English muffin, with hollandaise

Pancake or Waffle Stack (v) £8

Choose from:

Berries + Chocolate Sauce

Banana + Toffee Sauce

Streaky Bacon + Maple Syrup

Just Eggs (v) £6

Poached or scrambled eggs on your choice of toast

Toasted Tea Cake (v) £3.5

Vegan butter available

Just Toast (v) £3.5

Vegan butter available

Crumpets (v) £3.5

Vegan butter available

Granola bowl (v) £7

With Greek yoghurt, berries, banana, honey

Porridge (v) £7

Served with your choice of milk and mixed berries.

EXTRAS

Jam / Honey / Maple Syrup /
Chocolate Sauce / Marmalade
£0.8

Baked Beans / Cheddar Cheese /
Mushrooms / Tomato / Spinach /
Bacon / Sausage / Black Pudding /
Poached Eggs / Scrambled Egg
£1.5

Avocado / Smoked Salmon / Halloumi
£3.5

• **LUNCH** Served until 12pm - 6pm •

• **HOT MEALS** •

Soup of the Day (v) £7

Served with your choice of bread
Ask about our vegan options

Chicken, Bacon & Waffles £12

Southern fried style chicken, streaky
bacon & waffles with maple syrup

**Crumbed Mac &
Cheese (v) £11.5**

Topped with crumbed tortilla chips,
served with garlic ciabatta

Add Chicken £2.5

Add Bacon £1.5

Add Chicken & Bacon £3.5

**Butternut Squash Mac & 'Cheese'
(ve) £11.5**

Served with vegan garlic bread

• **SALADS** •

Caesar £10.5

With little gem lettuce, croutons, hard
cheese & drizzled with Caesar dressing

Add Chicken £2.5

Add Bacon £1.5

Add Chicken & Bacon £3.5

Add Halloumi £3.5

Falafel & Sweet Chilli Salad £10

Beef falafel, little gem lettuce, pico de
gallo, sweet chilli sauce

• **CIABATTAS** •

Chicken Tikka & Onion Bhaji £9.5

Served with spinach &
a side of mint yoghurt

Mozzarella & Pesto (v) £9

With sliced tomato & spinach

Tuna & Red Onion Melt £9.5

With Cheddar cheese

Ploughman's £9.5

Ham, cheddar cheese, pickle & mustard

• **WRAPS** •

**Chicken, Chorizo &
Red Pepper £9**

With chipotle crème

Halloumi & Sriracha (v) £9

With red onion & mixed leaves

**Beetroot Falafel & Houmous
(ve) £9**

With spinach & cucumber

• **BAGELS** •

Sweet Chilli Goats Cheese (v) £9.5

With tomato & roasted red pepper,
topped with sweet chilli sauce

BBQ Chicken £9.5

With streaky bacon & melted Cheddar,
topped with BBQ sauce

• **SANDWICHES** •

bod Club £9.5

Chicken, bacon, lettuce, tomato &
mayonnaise sandwiched between three
slices of your choice of toast

bod Vegan Club (ve) £9

Avocado, tomato, lettuce, vegan
mayonnaise & houmous sandwiched
between three slices of your choice
of toast

All ciabattas, wraps, bagels &
sandwiches served with mixed leaves
& crisps, and can be made with gluten
free bread on request

**Upgrade your selection to come
with a side of soup for £3.5**

• **ANYTIME EATS** •

Available from 12pm

**Breads, Houmous
& Oils (ve) £6.5**

Warmed Ciabatta served with houmous,
olives, oils & balsamic

Garlic Ciabatta (v) £5

Toasted ciabatta slices topped
with garlic butter

Add Cheddar £1.5

Nachos (v) £8

Tortilla chips topped with Cheddar,
guacamole, pico de gallo, jalapeños &
chipotle crème

**Cheddar Ploughman's
for one £12, to share £20**

British Cheddar, thick-cut ham, pork pie,
celery, pickle, silverskin onions & breads

Bhajis and Samosas (v) £6.5

Onion bhajis, vegetable samosas, mint
yoghurt, mango chutney

Check out our counter for a range of
locally sourced and homemade sweet
& savoury treats!

Gluten Free? Many of our dishes can be amended
so that they are suitable for you. Just let us know
when ordering. (v) Suitable for vegetarians, (ve)
suitable for vegans, (gf) gluten free. We take the
issue of food allergies and intolerances seriously. If
you have any concerns about the presence of
allergens in any of our menu items, please ask a
member of staff who will be happy to help you. A
more detailed menu including food allergies and
our food ingredients is available on request. All
fish dishes may contain bones. All weights are
uncooked. Whilst we take every care to preserve
the integrity of our vegetarian/vegan products we
must advise that these products are handled in a
multi-kitchen environment. Due to the way we
prepare our food we cannot guarantee that our
products do not contain any traces of allergens,
and as such we do not make "free from" claims
with any menu item.

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CAFÉ BARS

Find your local bod at:
www.bodcafebars.co.uk

LITTLE bod

CAFÉ BARS

MENU

Whether you're treating the kids to breakfast or lunch, or you just don't have much of an appetite, our Little bod menu is available for everyone to enjoy!

All little bod meals are half price when purchased with a main menu item
(Deal available Monday - Friday)

★ BREAKFAST ★

Served until 12pm

Little bod Breakfast £7

Buttercross Farm sausage, bacon, baked beans, toast & your choice of poached or scrambled egg

Little bod Vegan Breakfast (ve) £7

Beetroot Falafel, tomato, mushrooms, avocado, beans, toast

Little bod American Breakfast £7

Duo of pancakes, streaky bacon, scrambled egg & maple syrup

Little bod Bacon Sandwich £4.5

Served on your choice of buttered bread

Little bod Sausage Sandwich £4.5

Served on your choice of buttered bread

Houmous & Avocado Sandwich (ve) £5

Served on your choice of bread

Little bod Pancake or Waffle Stack £5

A choice of 2 pancakes or a waffle
Choose from:

Berries + Chocolate Sauce (v)

Banana + Toffee Sauce (v)

Streaky Bacon + Maple Syrup

Little bod Just Eggs (v) £5

Poached or scrambled eggs on your choice of toast

Little bod granola bowl (v) £4

With Greek yoghurt, berries, banana, honey

Little bod Porridge (v) £4

Served with your choice of milk and mixed berries

Little bod Just Toast (v) £1.5 Vegan butter available

Little bod Beans on Toast (ve) £3

Served on your choice of bread

Extras

Jam / Honey / Maple Syrup /
Chocolate Sauce / Marmalade
£0.8

Baked Beans / Cheddar Cheese /
Mushrooms / Tomato / Spinach /
Bacon / Sausage / Black Pudding /
Poached Eggs / Scrambled Egg
£1.5

Avocado / Smoked Salmon / Halloumi
£3

★ LUNCH ★

Served 12pm – 6pm

Little bod Soup £3.5

Served with your choice of bread & butter

Ask about our vegan options

Little Bod Goujon Wrap £6

Chicken goujons, little gem lettuce, mayonnaise

Little bod Mac & Cheese (v) £6.5

Topped with crumbed tortilla chips, served with garlic ciabatta

Add Bacon £2

Add Chicken £2

Little bod Butternut Squash

Mac & 'Cheese' (ve) £6

Served with vegan garlic bread

Little bod Pizza Bagel £5

Topped with melted Cheddar & served with crisps

Add Ham £1,5

Little bod Club £6

Chicken, bacon, lettuce & tomato sandwiched between two slices of your choice of toasted bread. Served with crisps

Little bod Sandwiches £5.5

Served with crisps. Choose from:

Cheddar Cheese (v)

Ham & Cheddar Cheese

Little bod Nachos (v) £4

Tortilla chips topped with Cheddar, guacamole, pico de gallo, & chipotle crème

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