

## OUR NEW MENU IS ON ITS WAY!

*At Woodys we prepare and cook all our meals here, in our kitchen. We have been tasting and reviewing our recipes to refresh the menu. You may see some edits already on this menu but more exciting ones are to come. We will be keeping all our favourites and sprucing up some of our staples! If you have any suggestions please leave a note in our comments book by the front door. Come back and try the menu in the New Year and look out for updates on our Facebook page!*



### COFFEE

*We serve one shot of wonderful organic coffee from our local suppliers - decaf or regular. Our milk is how it used to be: un-homogenised and organic. We also have options of organic almond or soya milk. Together with our filtered water it makes a good drink. Even better with a slice of one of our homemade cakes!*

Espresso	£1.85
Macchiato	£2.00
Americano	£2.20
Cappuccino	£2.50
Latte	£2.50
Caramel Latte	£3.00
Chai Latte	£3.00
Mocha	£3.00
Hot Chocolate	£2.85
Extra Shot	+£1
Organic Soya or Organic Almond Milk	+50p

### LOOSE LEAF TEA

Loose Leaf Tea	£2.40
English Breakfast/ Earl Grey/ Green/ Jasmine/ Redbush/ Chai/ Chamomile/ Peppermint	

### SOFT DRINKS

Pressed Organic Orange Juice	£1.80
Locally pressed Organic Apple Juice	£2.10
Sparkling Elderflower	£2.60
Sparkling Water 1L	£2.80
Organic Fizzy Cola	£1.85
Organic Fizzy Lemonade	£1.85
Organic Fizzy Cranberry	£1.85
Organic Fizzy Ginger	£1.85

## BREAKFAST

*Served Everyday until 11.30am  
Breakfasts are made to order and our  
bread and baked beans are homemade !*

**Breakfast Grande** £10.20  
2 veggie sausages, 2 fried eggs,  
mushrooms, homemade baked beans,  
grilled tomatoes, 2 toast.

**Breakfast Piccolo** £7.50  
1 veggie sausage, 2 fried eggs,  
mushrooms, 1 grilled tomato, 1 toast.

**Scrambled Tofu** £7.00  
Scrambled tofu with spicy spinach  
and tomatoes on a slice of toast.

**Popeye** £6.50  
2 poached eggs on a bed of buttered  
spinach with two slices of toast

**Baked Beans on Toast** £5.50  
Our baked beans on a slice of  
Toast

**Homemade Toast** £3.50  
A slice of toast with butter and  
a choice of marmalade, jam, peanut butter or marmite.

**Breakfast Pancakes** £7.00  
Buttermilk spelt pancakes with greek yoghurt and  
fruit coulis

## STARTERS

**Mixed Olives** £3.50  
A fine selection of Mediterranean  
olives.

**Garlic Bread** £3.40  
Slow rise ciabatta spread with  
Homemade garlic butter.

**Add cheese** £1.00

**Fresh Tomato Bruschetta** £4.80  
A slice of toasted ciabatta with a garlic butter  
topped with fresh tomato, red onion and parsley.

## SOUP

*Check the specials boards for the soup of the  
day*

OUR SOUPS are served with a choice  
of homemade wholemeal bread or  
homemade gluten free bread ( £1.00 extra)  
small £4.70 large £7.20

## SALAD

£8.50  
WOODYS SALAD consists of a carefully  
crafted and dressed grain salad and  
bean salad with coleslaw,  
seasoned red cabbage salad, green  
leaves and fresh tomato.  
**Add goats cheese/ feta/ toasted cashews** £1.00

## OMELETTE

*Woodys 3 egg omelettes are served with a  
side of mixed salad or potato wedges.*

Cheese £8.00  
Cheese & Mushroom £9.00  
Cheese & Onion £9.00  
Spinach & Onion £9.00

## REQUIREMENTS

*Whatever your dietary requirement or  
taste we will do our best to accommodate  
you. There is a variety of Gluten Free and  
Vegan options so just make sure to specify  
before ordering. Please be aware that  
ingredients containing gluten, dairy,  
eggs and nuts are used in our kitchen.*

## COMMON SUBSTITUTES

Tofu +£1.00  
Gluten Free Bread +£0.50  
Gluten Free Pizza base +£1.80  
Gluten Free & Vegan Crepe +£1.00  
Vegan Margarine  
Vegan ice cream

## STONE BAKED PIZZA

<b>Margarita</b> Tomato, cheddar, mozzarella	£8.20
<b>Mushroom</b> Tomato, , mozzarella, roasted portabella mushrooms	£9.80
<b>Red &amp; White</b> Tomato, mozzarella, red pepper and onion	£9.80
<b>Sicilian</b> Tomato, mozzarella, feta, chilli flakes and pitted black olives	£10.50
<b>Genovese</b> Tomato, , mozzarella, pesto, pitted black olives, sun-dried tomato and mushrooms.	£11.20
<b>Spinach &amp; Goats cheese</b> Tomato, mozzarella, spinach and goats cheese	£11.20
<b>Woodys feast</b> Tomato, mozzarella, pesto and grilled Mediterranean vegetables	£11.80

## CREPES

<b>Tomato, cheese &amp; Egg</b> A buckwheat crepe with tomato sauce, cheese & egg	£8.80
<b>Create Your Own</b> Pick a filling base: Cheddar/ tomato sauce/ spinach puree Pick 2 fillings Red pepper/mushroom/ onion/ courgette/ Olives/ sun dried tomato/ / egg/ fresh tomato feta/goats cheese/ toasted cashews	£9.80
<b>Spinach, feta &amp; cashew nut</b> A buckwheat crepe with homemade spinach puree, crumbled feta and toasted and crushed cashew nuts	£9.80
<b>Mediterranean Vegetables &amp; Goats Cheese</b> A buckwheat crepe with Mediterranean vegetables in a homemade tomato sauce topped with goats cheese	£9.80

## ICE CREAM

*We source all our organic, gluten free, dairy ice creams from a lovely farm in Cornwall, where they are made traditionally with no added extras.*

Vanilla/ Chocolate/ Strawberry/ Stem Ginger/ Butterscotch/ Rose Cardamom & Almond/ Honey & Lavender	
Vegan Vanilla/ Vegan Raspberry	
<b>1 Scoop in a Bowl or Cone</b>	£1.95
<b>2 Scoops in a Bowl</b>	£3.70
<b>3 Scoops in a Bowl</b>	£4.70

## SWEET CREPES

*The sweet crepes are made with our traditional sweet batter. Delicious with a scoop of our ice cream!*

<b>Lemon &amp; Sugar</b>	£4.70
<b>Milk Chocolate &amp; Banana</b>	£5.50
<b>Apple &amp; Cinnamon</b>	£5.70
<b>White Chocolate &amp; Coconut</b>	£5.70
<b>Dark Chocolate &amp; Pear</b>	£6.70
<b>Maple Syrup &amp; Pecan nuts</b>	£7.20
<b>Buttermilk Spelt Pancake</b> with Greek yoghurt & fruit coulis	£7.00
<b>Extra Ice Cream</b>	£1.50

## CAKES

*We have a great selection of cakes all on display. Delicious with a scoop of one of our lovely ice creams.*

*We have tasted a fine selection of organic wines and beers to complement your food.*

## **RED**

<b>Navarrsotillo</b>	£6.00
Rioja – Spain 14%	£19.40
Typically soft & ripe with mellow aromas of fruit & spice	
<b>Nero D’Avola</b>	£5.00
Avola – Sicily 12.5%	£17.20
A smooth and soft scilian red with a rich and rounded finish	
<b>Curvee Gabriel</b>	£4.50
Merlot – France 12%	£16.20
A Good honest French Merlot	

## **WHITE**

<b>L’auratae Catarrato</b>	£6.00
Pinot Grigio – Sicily 13%	£19.40
A dry crispy aromatic white with good body and depth of flavour	
<b>La Marouette</b>	£5.00
Sauvignon Blanc – France 12.5%	£16.20
Refreshing, dry and perky French white	
<b>Ecologica</b>	£5.00
Torrontes Chardonnay - Argentina 12.5%	£16.20
Crisp and dry white with ripe juicy flavour	
<b>Erben Kabinett</b>	£4.50
Riesling - Germany 12.5%	£15.80
A fruity white with a delicate and fragrant finish	

## **ROSE**

<b>La Marouette</b>	£5.00
Syrah – France 12%	£17.20
Pleasing aromas of strawberry and redcurrant, fairly weighty but well poised	

## **CHAMPAGNE**

<b>Champagne Carte d’Or</b>	£45.00
Champagne – France 12%	
Exhibiting all those biscuity, almondy characteristics of a fine Champagne	

## **BEER**

<b>Long wall Mouse</b> 5%	£5.20
An organic, fruity, blonde beer	
<b>Elphin Brook</b> 4.2%	£5.20
An organic, rich, red-brown bitter	
<b>Penumbra Stout</b> 4.8%	£5.20
An organic, rich, full-fruited stout	
<b>Cherry Beer</b> 4.8%	£5.20
Delicious cherry flavoured beer made locally	
<b>Stella Artois</b> 4.8%	£3.50
Light refreshing lager (Not organic)	
<b>CIDER</b>	
<b>Westons</b> 6.5%	£5.20
An organic fruity sweet cider	
<b>Rum Cask</b> 7.5%	£5.20
An organic cider, full of fruit flavour with a subtle rum finish	

*A 10% discretionary service charge will be added to all tables of six people or more.*