

# saro wiwa menu

## ■ breakfast

### single breakfast **£2.95**

Free range fried egg, bacon, sausage, beans, mushrooms, hash brown, with toast & a cuppa.

### veggie breakfast **£2.95**

Free range fried egg, vegetarian sausage, beans, mushroom, hash brown, toast. With tea or coffee.

.....  
**Double up your breakfast**  
**for £1.00**  
.....

### toast with butter **25p** **per slice**

## scrambled egg on toast

Free range scrambled egg served on toast with butter **£1.50**

### bacon barm **£1.50**

### sausage barm **£1.50**

### veggie **£1.50**

### sausage barm **£1.50**

### porridge **£1.50**

Choose from a choice of syrups to add to you porridge

### cereal **£1.00**

## ■ snacks

### soup of the day **£2.00**

Please see the specials board. Served with a bread roll & butter.

### stilton & garlic mushroom ciabatta **£2.50**

Pan fried mushrooms in garlic served on ciabatta bread with melted Stilton.

### chicken goujons **£2.50**

Deep fried goujons in crispy batter served with sweet chilli sauce.

### nachos platter **£2.75**

Serves 2. Nachos with melted cheese, guacamole, salsa & sour cream.

.....  
**Add chilli for only £1.00**  
.....

### onion rings **£1.80**

for 6 rings of onion in batter.

### chip butty **£2.00**

Thick cut chips served on a bread balm with butter.

### bowl of chips **£1.80**

### bowl of wedges **£1.80**

### bowl of curly fries **£1.80**

### garlic bread **£1.80**

4 slices Add cheese for an additional 25p

## ■ burgers

All our burgers are cooked fresh to order. All served on a seeded bun with a side salad & a choice of chips, curly fries or wedges. Choose from:

- 8oz beef burger
- succulent chicken breast burger
- vegetable pattie

### hawaiian burger **£3.50**

With cheese & pineapple.

### mexican burger **£3.75**

With Monterey Jack cheese, chilli & jalapenos.

### texan burger **£3.75**

With bacon, barbecue sauce, onion rings & cheese.

### spanish burger **£3.75**

With goats cheese, chorizo & tomato.

### farmhouse burger **£3.75**

Classic burger with melted Stilton & mushroom.

### plain burger **£2.50**

.....  
**Fancy a topping from another burger?**  
**Add it for just 50p**

**Double up your burger**  
**for only £1.00**  
.....

*All our food is cooked from fresh.*

*Please expect to wait 20 minutes minimum during busy periods*

# saro wiwa menu

## ■ main meals

### fish & chips **£3.95**

Sourced from sustainable fisheries with chunky chips, served with garden peas, a wedge of lemon & tartar sauce.

### steak & ale pie **£3.95**

Chunky steak in a rich ale gravy served with chunky chips & garden peas.

### vegetable pie **£3.50**

Vegetable pie served with chunky chips & garden peas.

*All the above meals are accompanied by a choice of chips, new potatoes or a jacket potato (except Scouse).*

### scouse **£3.95**

A local favourite. Scouse is a hearty lamb stew packed full of vegetables & served with a bread roll with butter.

### cottage pie **£3.95**

A classic dish of minced beef, vegetables & mashed potatoes, served with garden peas & honey roasted carrots.

### bangers & mash **£3.95**

Three juicy Cumberland sausages served on a bed of mash potatoes with a thick gravy & garden peas.

### lasagne **£3.95**

Homemade Italian classic served with a slice of garlic bread & a crunchy side salad.

### chilli con carne **£3.95**

A Mexican favourite. Served with boiled rice & sour cream.

## ■ curry of the week

Homemade curry served on a bed of boiled rice with a naan. Please see the specials board.

**£4.95**

## ■ from the grill

### rump steak **£5.99**

A 6oz rump steak cooked to your liking. Served with a flat mushroom, onion rings with chips & salad garnish.

### gammon steak **£4.95**

A 6oz gammon steak. Served with chunky chips, garden peas, topped off with either a ring of pineapple or a free range fried egg.

### hickory chicken **£4.95**

Grilled chicken breast with bacon, barbecue sauce topped with cheese served with chunky chips & salad.

### salmon fillet **£4.95**

Fresh salmon fillet grilled with garlic butter served with new potatoes & salad.

*All the above meals from the grill are served with a grilled tomato and a choice of chips, new potatoes or a jacket potato.*

### fajitas **£4.95**

Pan-fried chicken in a spicy tomato sauce, with peppers, onions & mushrooms. Served with sour cream, grated cheese, salad & 2 tortillas

## ■ salads

### greek salad **£3.50**

A mixed leaf salad, mixed olives, feta cheese with a drizzle of olive oil, served with warm pita bread.

### chicken & bacon salad **£3.95**

Mixed leaf salad with grilled chicken & bacon, & a Caesar dressing.

### salmon fillet salad **£4.50**

Salmon fillet freshly cooked under the grill on a crunchy seasonal salad with a parsley & butter sauce.

# saro wiwa menu

## ■ pizzas

### 9"/ 12"

### margerita **£2.75/£3.50**

A classic cheese & tomato pizza.

### pepperoni **£3.50/£4.50**

A classic, with pepperoni, cheese & tomato sauce.

### ranch **£3.75/£4.75**

Pizza sauce, cheese, barbecue sauce with chicken & bacon.

### hawaiian **£3.50/£4.50**

Pizza sauce, chunky ham, fresh pineapple & cheese.

### meat feast **£4.50/£5.50**

Topped with ham, pepperoni, chorizo & chicken.

### veggie deluxe **£3.75/£4.75**

Pizza sauce, mixed peppers, mushrooms, sweet corn, topped with cheese.

## ■ toasted

## baguettes

### cheese & tomato **£2.50**

Mature cheddar with succulent tomatoes.

### breakfast **£2.95**

Bacon, sausage egg & tomato.

### cajun chicken **£2.95**

Chicken marinated in Cajun spices & topped with cheese.

### hawaii chive-o **£2.95**

Ham, pineapple, cheese & chives.

### italian meatball melt **£2.95**

Italian-style meatballs in tomatoes.

### manhattan beef **£2.95**

Sliced beef with red onions & topped with cheese.

### pesto chicken **£2.95**

Succulent chicken with green pesto.

### smoky joe's tuna melt **£2.95**

Made with dolphin-friendly tuna, mayonnaise & cheese.

## ■ jacket potatoes

### plain jacket **£2.00**

.....  
**Add extra toppings for only 50p:**  
**baked beans,**  
**cheese, tuna, chilli or**  
**vegetarian chilli.**  
.....

## ■ vegetarian options

### quorn chilli **£3.95**

Served with boiled rice or chips & sour cream.

### stuffed peppers **£3.95**

Whole roasted peppers stuffed with mushroom, onion, garlic, & cous cous with new potatoes, & salad garnish.

### vegetable fajitas **£4.95**

Pan-fried mixed vegetables in a spicy tomato sauce, served with sour cream, grated cheese, salad & 2 tortillas.

## ■ desserts

### hot chocolate fudge cake **£2.75**

Served with vanilla ice cream or whipped cream topped with chocolate sauce.

### hot apple pie & custard **£2.95**

Tasty apple pie served with custard & fresh whipped cream.

*The menu is available to download at [Igos.org/sarowiwamenu](http://Igos.org/sarowiwamenu)*

*Look for Twitter updates at [www.twitter.com/Igos](http://www.twitter.com/Igos)*

# saro wiwa menu

## ■ breakfast

**single breakfast** £2.95  
Free range fried egg, bacon, sausage, beans, mushrooms, hash brown, with toast & a cuppa.

**veggie breakfast** £2.95  
Free range fried egg, vegetarian sausage, beans, mushroom, hash brown, toast. With tea or coffee.

**Double up your breakfast for £1.00**

**toast with butter** 25p per slice

**scrambled egg on toast**  
Free range scrambled egg served on toast with butter £1.50

**bacon barm** £1.50

**sausage barm** £1.50

**veggie**

**sausage barm** £1.50

**porridge** £1.50

Choose from a choice of syrups to add to you porridge

**cereal** £1.00

## ■ snacks

**soup of the day** £2.00  
Please see the specials board. Served with a bread roll & butter.

**stilton & garlic mushroom ciabatta** £2.50  
Pan fried mushrooms in garlic served on ciabatta bread with melted Stilton.

**chicken goujons** £2.50  
Deep fried goujons in crispy batter served with sweet chilli sauce.

**nachos platter** £2.75  
Serves 2. Nachos with melted cheese, guacamole, salsa & sour cream.

**Add chilli for only £1.00**

**onion rings** £1.80  
for 6 rings of onion in batter.

**chip butty** £2.00  
Thick cut chips served on a bread balm with butter.

**bowl of chips** £1.80

**bowl of wedges** £1.80

**bowl of curly fries** £1.80

**garlic bread** 4 slices £1.80  
Add cheese for an additional 25p

## ■ burgers

All our burgers are cooked fresh to order. All served on a seeded bun with a side salad & a choice of chips, curly fries or wedges. Choose from:

- 8oz beef burger
- succulent chicken breast burger
- vegetable pattie

**hawaiian burger** £3.50  
With cheese & pineapple.

**mexican burger** £3.75  
With Monterey Jack cheese, chilli & jalapenos.

**texan burger** £3.75  
With bacon, barbecue sauce, onion rings & cheese.

**spanish burger** £3.75  
With goats cheese, chorizo & tomato.

**farmhouse burger** £3.75  
Classic burger with melted Stilton & mushroom.

**plain burger** £2.50

**Fancy a topping from another burger? Add it for just 50p**

**Double up your burger for only £1.00**

# saro wiwa menu

## ■ main meals

**fish & chips** £3.95  
Sourced from sustainable fisheries with chunky chips, served with garden peas, a wedge of lemon & tartar sauce.

**steak & ale pie** £3.95  
Chunky steak in a rich ale gravy served with chunky chips & garden peas.

**vegetable pie** £3.50  
Vegetable pie served with chunky chips & garden peas.

*All the above meals are accompanied by a choice of chips, new potatoes or a jacket potato (except Scouse).*

**scouse** £3.95  
A local favourite. Scouse is a hearty lamb stew packed full of vegetables & served with a bread roll with butter.

**cottage pie** £3.95  
A classic dish of minced beef, vegetables & mashed potatoes, served with garden peas & honey roasted carrots.

**bangers & mash** £3.95  
Three juicy Cumberland sausages served on a bed of mash potatoes with a thick gravy & garden peas.

**lasagne** £3.95  
Homemade Italian classic served with a slice of garlic bread & a crunchy side salad.

**chilli con carne** £3.95  
A Mexican favourite. Served with boiled rice & sour cream.

**■ curry of the week**  
Homemade curry served on a bed of boiled rice with a naan. Please see the specials board. £4.95

## ■ from the grill

**rump steak** £5.99  
A 6oz rump steak cooked to your liking. Served with a flat mushroom, onion rings with chips & salad garnish.

**gammon steak** £4.95  
A 6oz gammon steak. Served with chunky chips, garden peas, topped off with either a ring of pineapple or a free range fried egg.

**hickory chicken** £4.95  
Grilled chicken breast with bacon, barbecue sauce topped with cheese served with chunky chips & salad.

**salmon fillet** £4.95  
Fresh salmon fillet grilled with garlic butter served with new potatoes & salad.

*All the above meals from the grill are served with a grilled tomato and a choice of chips, new potatoes or a jacket potato.*

**fajitas** £4.95  
Pan-fried chicken in a spicy tomato sauce, with peppers, onions & mushrooms. Served with sour cream, grated cheese, salad & 2 tortillas

## ■ salads

**greek salad** £3.50  
A mixed leaf salad, mixed olives, feta cheese with a drizzle of olive oil, served with warm pita bread.

**chicken & bacon salad** £3.95  
Mixed leaf salad with grilled chicken & bacon, & a Caesar dressing.

**salmon fillet salad** £4.50  
Salmon fillet freshly cooked under the grill on a crunchy seasonal salad with a parsley & butter sauce.

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## ■ pizzas

9"/ 12"  
**margerita** £2.75/£3.50  
A classic cheese & tomato pizza.

**pepperoni** £3.50/£4.50  
A classic, with pepperoni, cheese & tomato sauce.

**ranch** £3.75/£4.75  
Pizza sauce, cheese, barbecue sauce with chicken & bacon.

**hawaiian** £3.50/£4.50  
Pizza sauce, chunky ham, fresh pineapple & cheese.

**meat feast** £4.50/£5.50  
Topped with ham, pepperoni, chorizo & chicken.

**veggie deluxe** £3.75/£4.75  
Pizza sauce, mixed peppers, mushrooms, sweet corn, topped with cheese.

## ■ toasted

**baguettes**  
**cheese & tomato** £2.50  
Mature cheddar with succulent tomatoes.

**breakfast** £2.95  
Bacon, sausage egg & tomato.

**cajun chicken** £2.95  
Chicken marinated in Cajun spices & topped with cheese.

**hawaii chive-o** £2.95  
Ham, pineapple, cheese & chives.

**italian meatball melt** £2.95  
Italian-style meatballs in tomatoes.

**manhattan beef** £2.95  
Sliced beef with red onions & topped with cheese.

**pesto chicken** £2.95  
Succulent chicken with green pesto.

**smoky joe's tuna melt** £2.95  
Made with dolphin-friendly tuna, mayonnaise & cheese.

**■ jacket potatoes**  
**plain jacket** £2.00

**Add extra toppings for only 50p: baked beans, cheese, tuna, chilli or vegetarian chilli.**

## ■ vegetarian options

**quorn chilli** £3.95  
Served with boiled rice or chips & sour cream.

**stuffed peppers** £3.95  
Whole roasted peppers stuffed with mushroom, onion, garlic, & cous cous with new potatoes, & salad garnish.

**vegetable fajitas** £4.95  
Pan-fried mixed vegetables in a spicy tomato sauce, served with sour cream, grated cheese, salad & 2 tortillas.

## ■ desserts

**hot chocolate fudge cake** £2.75  
Served with vanilla ice cream or whipped cream topped with chocolate sauce.

**hot apple pie & custard** £2.95  
Tasty apple pie served with custard & fresh whipped cream.