



# SUPERSONIC CAFÉ

# MENU

## BREAKFAST & BRUNCH

**Organic Yoghurt with Granola,  
Honey and Seasonal Fruit** £7

**Yorkshire Bacon Sandwich** £7  
*Choose from bacon and egg with roasted  
tomatoes or a classic BLT*

**Sausage Sandwich** £8  
*Served with grilled mushroom and tomato*

**Breakfast Burrito** £8  
*Filled with scrambled eggs, black beans, roasted  
peppers and onions. Baked with spicy tomato sauce  
and cheese and topped with fresh pico de gallo*

*Why not try me naked- without the wrap!*

**Smashed Avocado** £9  
*Sourdough toast with candied beetroot, Yorkshire  
Fettle, toasted seeds and a poached egg*

**Supersonic Breakfast** £11  
*Yorkshire bacon, Cumberland sausage, homemade  
smoky beans, two eggs, roasted tomatoes, field  
mushroom and toasted sourdough*

**Supersonic Veggie Breakfast** £11  
*Homemade pea and lentil sausage, smoky beans,  
two eggs, roasted tomatoes, field mushrooms,  
smashed avocado and toasted sourdough*

**Smoked Mackerel & Poached Egg** £10  
*Smoked mackerel served on sourdough toast, with  
wilted spinach, toasted pumpkin seeds and a  
poached egg*

**Organic Porridge** £6  
*Creamy porridge with seasonal fruit drizzled  
with honey and toasted seeds*

## SEASONAL BRUNCH DISHES

**Wild Mushrooms & Poached Eggs** £10  
*Pan-fried garlic mushrooms, served with toasted seeds,  
two poached eggs and sourdough toast*

**French Toast** £8  
*Sweet fried egg brioche loaf, served with seasonal fresh  
fruit and toasted almonds*  
*Please allow up to 15 minutes for the French toast and longer during busy periods*

## BREAKFAST SIDES

*To be ordered alongside a main meal*

**Sourdough Toast** £2

**Field Mushrooms** £2

**Dry Cured Yorkshire Bacon** £2

**Cumberland Sausage** £2

**Poached or Fried Egg** £1

**Avocado** £1.50

**Hash Browns** £3

**Try one of our super healthy and  
home-made smoothies!** £4.50

**Ask staff for today's options**

*Please note we openly use nuts and seeds in our kitchen, so there  
is no guarantee any of the dishes are nut-free*

*Please ask staff about allergen information if you require it*

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## LUNCH CLASSICS

### Daily Soup (V) (VG) £5

Ask our staff for today's soup of the day

### Lunch Burrito £12

Chilli beef, black beans and spiced rice, baked in a tortilla topped with a spicy tomato sauce, melted cheese, sour cream and pink pickled onions

### Chicken or Steak Sandwich £13

Choose from chargrilled chicken thigh or grilled minute steak, both served in a warm ciabatta with slow roasted tomatoes, fresh rocket, and chimichurri.

Served with a side of your choice

### Homemade Beef Chilli £12

A portion of our warming homemade chilli, served over brown rice with a dollop of sour cream and a fresh pico de gallo

Or....

Try me buddha bowl style! Chilli beef, a scoop of brown rice, avocado, spinach, roast root veg, toasted seeds, and pico de gallo

### Lettuce Wraps £10

Shredded chicken or smoked mackerel, served in lettuce wraps, with a peanut and lime dressing, cucumber, chilli, coriander and spring onion

**I can be made vegan- Try our wraps with roasted cauliflower popcorn instead!**

### Fancy something to drink?

Check our drinks menu for our selection of wines and beers.

## BUDDHA BOWLS

### 'KFC' Cauliflower Popcorn (V) £10

Crispy Korean fried cauliflower florets, served with a scoop of brown rice, avocado, spinach, roast root veg, toasted seeds, pomegranate, crispy onions and a yoghurt ranch dressing

### Mackerel & Peanut £12

Chunks of smoked mackerel, served with a scoop of brown rice, avocado, cucumber, chilli, spring onion, roast veg, crispy onions and peanut and lime dressing

Upgrade your protein in these buddha bowls! Choose from:

Chargrilled chicken thigh for £2 extra

Grilled minute steak for £3 extra

## LUNCH SIDES

### Fries £4

### Sweet Potato Fries £4

### Truffle and Parmesan Fries £5

### Roasted Root Veg £4

### Crispy Cauliflower Popcorn £4

## EXTRAS

To be ordered alongside a main meal

### Grilled Minute Steak £5

### Chargrilled Chicken Thigh £4

### Avocado £1.50

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