

Welcome to Sails Café

We hope you enjoy your refreshments and the Sails Café experience.

All our meals are cooked to order, our staff are working as fast as possible, please be patient at busy times

Please order at the counter

Menu



Breakfast - Served 9.00am to 11.30am

Toast —Two slices with butter and Jam or Marmalade (V)	2.25
Porridge —made with semi skimmed or skimmed milk (V)	3.50
Bacon Sandwich —Locally sourced bacon served in warm ciabatta or sliced bread	3.95
Sausage Sandwich —Locally sourced sausages served in warm ciabatta or sliced bread (Veggie sausages are available)	3.95
Egg Sandwich — 2 Local free range eggs, fried or poached, served in warm ciabatta or sliced bread (V)	3.95
Sails Breakfast — 2 rashers of bacon, 2 sausages, an egg, mushrooms, tomato, beans and one slice of toast	6.45
Sails Mega Sandwich —2 rashers of Bacon, 2 Sausages, an egg, mushrooms and tomato served in warm ciabatta bread	5.95
Lighter Breakfast — 1 rasher of bacon, poached egg, mushrooms, tomato, beans and one slice of toast	5.25
Lighter Vegetarian Breakfast (V) - 1 Vegetarian Sausage, poached egg, mushrooms, tomato, beans and one slice of toast	5.25
Choose either Two Eggs, or Beans or Tomatoes or Mushrooms on 2 slices of toast (V)	3.95
Scrambled Eggs & Smoked Salmon on Toast	5.95
Sails Breakfast Deal —Sails Mega Sandwich or Sails Breakfast with Tea for one or a Regular Americano Coffee	7.45

Light Meals—Served 11.30am to 3.00pm

Daily Specials available—Please see our board

Homemade Soup of the Day - with bread or a cheese scone	4.95
Cheese Ploughman's Lunch —Cheddar & Brie with Fresh Bread, Chutney, Pickled Onion, Salad and an Apple (V)	7.95
Ham Ploughman's Lunch — Fresh bread with Cheddar Cheese, Home Cooked Ham, Chutney, Pickled Onion, Salad and an Apple	8.45
Homemade Quiche —served with a Full Sails Salad and Bread	7.95

Jacket Potatoes—Served 11.30am to 3.00pm Served with a side salad, dressing and homemade coleslaw

Coronation Chicken (GF)	6.45
Prawns with Marie Rose-Sauce (GF)	6.95
Grated Cheddar (GF)	6.25
Tuna Mayonnaise (GF)	6.25
Baked Beans (GF)	6.25
Roasted Vegetables and Mozzarella	6.25
Homemade Coleslaw (GF)	6.25
Homemade Chicken Curry (GF)	6.45
Plain with Butter (GF)	5.50

All our food is prepared here in the kitchen at Sails Cafe from fresh and wholesome ingredients, locally sourced wherever possible

Sails Salads—Served 11.30am—3.00pm

Chicken Caesar— sliced chicken breast on a bed of iceberg lettuce, tomatoes, cucumber and red onion with bacon, croutons, freshly grated parmesan and creamy Caesar dressing 7.45

All the salads below contain a mixture of crisp salad leaves with cucumber, red onion, tomato, grated carrot, beetroot, homemade coleslaw & potato salad, homemade bread and honey mustard salad dressing

Add a Jacket Potato or a portion of Potato Wedges for £2.25

Chicken—Plain or Coronation	7.45
Home Roasted Ham with Chutney	7.45
Home Roasted Turkey and Cranberry Sauce	7.45
Hummus and Roasted Vegetables (V)	7.45
Flaked Tuna or Tuna Mayonnaise	7.45
Prawns and Marie-Rose Sauce or Prawn Mayonnaise	7.95
Cheese—Choice of Cheddar & Chutney or Brie & Cranberry Sauce (V)	7.45

Sandwiches—Served 11.30am—3.00pm Served in either white sliced, wholemeal sliced, granary baguette, ciabatta or a wrap with a side salad, dressing, homemade coleslaw and crisps

Add a Small Soup or a portion of Potato Wedges for £2.25

Homemade Coronation Chicken	6.50
Home Baked Ham and Wholegrain Mustard	6.50
Home Roasted Turkey and Cranberry Sauce	6.50
Home Roasted Beef and Horseradish Sauce	6.50
Prawns with Marie-Rose Sauce	6.95
Bacon, Lettuce and Tomato	6.50
Hummus and Roasted Vegetables (V)	6.50
Cheddar and Chutney (V)	6.50
Tuna Mayonnaise	6.50
Free range Egg Mayonnaise (V)	6.50
Brie and Grape with a hint of Cranberry Sauce (V)	6.50

Paninis, Toasties or Hot Wraps—Served 11.30am—3.00pm
Served with a side salad, dressing, homemade coleslaw and crisps

Add a Small Soup or a portion of Potato Wedges for £2.25

Home Roasted Turkey, Brie and Cranberry Sauce	6.95
Chicken, Pesto and Mozzarella	6.95
Bacon, Mushroom and Mozzarella	6.95
Bacon and Brie	6.95
Tuna and Cheddar	6.95
Sweet Chilli Chicken and Mozzarella	6.95
Hummus and Roasted Vegetables (V)	6.95
Cheddar and Chutney or Cheddar & Onion (V)	6.95
Mozzarella, Pesto and Tomato (V)	6.95
Home Roasted Ham and Cheddar	6.95
Chicken, Mozzarella and Mushroom	6.95

Cakes & Other Treats—Served all day

Toasted Teacake and Butter	2.25
Homemade Fruit, Date & Walnut or Cheese Scone with Butter and Jam	1.85
Homemade Fruit or Date & Walnut Scone with Butter, Jam and Clotted Cream	2.25
Homemade Cheese Scone with Cheddar and an Apple	2.45
Homemade Cake Slices - Dairy Free & Gluten Free choices available	From 2.85
Homemade Tray Bakes	2.40
Homemade Flapjack	2.00

Sails Special Deals

Cake & Coffee or Tea —a Regular Americano Coffee or Tea and a Slice of Homemade Cake	4.45
Afternoon Cream Tea for One - A Regular Americano or a Pot of Tea for One and one Fruit or Date & Walnut Scone with Jam & Clotted Cream	3.75
Afternoon Cream Tea for Two — Two Regular Americanos or a Large Pot of Tea and two Fruit or Date & Walnut Scones with Jam & Clotted Cream	7.50
Sails Trio of Cakes — Choose any 3 small slices of cake served with whipped or pouring cream	5.25

All our food is prepared in our kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients.

If you have a food allergy or special dietary requirements please let us know before ordering

Full allergen information is available, please ask a member of our team

We hope you enjoyed your Sails experience
We welcome customer feedback on any aspect of the café as we constantly strive to provide the best service possible.



Drinks Menu

Tea:	pot for 1	pot for 2
Yorkshire Tea, Earl Grey, Chamomile, Green Tea, Peppermint, Red Berry, Ginger & Lemon or White Tea with Elderflower & Apricot, Decaffeinated Tea	1.85	3.40
Cafetiere of Coffee	2.30	3.95
Fairtrade Coffee: Roasted in Lincolnshire—Decaf available	Regular	Large
Espresso	1.80	1.95
Americano - Espresso with hot water served black or with milk or cream	2.10	2.40
Cappuccino —Espresso with steamed, frothed milk and chocolate dusting	2.40	2.80
Latte —Espresso with steamed milk and Foam	2.40	2.80
Flat White — Espresso with steamed milk	2.40	2.80
Mocha —Espresso, steamed mild and rich hot chocolate	2.60	2.95
Hazelnut, vanilla or caramel syrup		75p
Hot Chocolate — Made with real Belgium chocolate		2.85
Luxury Sails Hot Chocolate —with whipped cream, marshmallows and chocolate flake		3.35
Babyccino	1.20	
Kids Hot Chocolate for the under 12's	1.85	
Kids Luxury Hot Chocolate for the under 12's	2.25	

Skimmed milk is available

Cold Drinks

Coca Cola —Coca Cola Classic will be affected by the Government's Soft Drinks Industry Levy & will be subject to an additional charge which is included in the price shown	2.50
Diet Coke, Coke Zero, Sprite or Fanta	2.20
Ice Cold Fresh Milk	1.50
Flavoured Milk: Chocolate, Strawberry, Banana	1.90
Thick Milkshake - made with ice cream (Chocolate, Strawberry, Banana, Caramel Honeycomb or Vanilla)	2.95
Pure Orange or Apple Juice Carton	1.20
Folkingtons Cloudy Apple or Cranberry Juice	2.20
Fruit Shoots - All flavours	1.20
Oasis - Citrus or Summer Fruits	2.20
Appletiser	2.20
Mineral Water —Still or Sparkling	2.00
Elderflower or Raspberry & Pomegranate Presse	2.20
Fentimens — Dandelion & Burdock, Ginger Beer or Victorian Lemonade	2.40
100% Fruit Smoothies —Berry Go Round, Pash & Shoot, Grape Escape, Big 5, Strawberry Split or Melon Refresher	3.25
Cordials —Orange or Blackcurrant	1.20
J2O —Orange and Passionfruit	2.20
Ice Cream Sodas —Coca-Cola, Sprite or Fanta with a scoop of vanilla ice cream	2.95