

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)	1.95
Porridge —made with semi skimmed or skimmed milk (V)	3.25
Bacon Sandwich —Locally sourced bacon served in warm ciabatta or sliced bread	3.50
Sausage Sandwich —Locally sourced sausages served in warm ciabatta or sliced bread (Veggie sausages are available)	3.50
Egg Sandwich — 2 Local free range eggs, fried or poached, served in warm ciabatta or sliced bread (V)	3.50
Sails Breakfast — 2 rashers of bacon, 2 sausages, an egg, mushrooms, tomato, beans and one slice of toast	5.95
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	4.95
Lighter Vegetarian Breakfast (V) - 1 Vegetarian Sausage, poached egg, mushrooms, tomato, beans and one slice of toast	4.95
Choose either Two Eggs, or Beans or Tomatoes or Mushrooms on 2 slices of toast (V)	3.75
Scrambled Eggs & Smoked Salmon on Toast NEW	5.25
Sails Breakfast Deal —Sails Mega Sandwich or Sails Breakfast with Tea for one or a Regular Americano Coffee	6.95

Light Meals—Served 11.30am to 3.00pm

Please see our daily specials board

Homemade Soup of the Day - with bread or a cheese scone	4.65
Cheese Ploughman's Lunch —Cheddar & Brie with Fresh Bread, Chutney, Pickled Onion, Salad and an Apple (V) NEW	7.65
Ham Ploughman's Lunch — Fresh bread with Cheddar Cheese, Home Cooked Ham, Chutney, Pickled Onion, Salad and an Apple	7.95
Homemade Quiche —served with a Full Sails Salad and Bread	7.45

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
Plain with butter (GF)	5.50
Homemade Chicken Curry NEW	6.45

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 Potato Wedges for £2.25 NEW	
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	7.45
Cheese—Choice of Cheddar & Chutney or Brie & Cranberry Sauce (V)	7.45

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

Add a Small Soup for £1.75 or Potato Wedges for £2.25 NEW	
Homemade Coronation Chicken	6.25
Home Baked Ham and Wholegrain Mustard	6.25
Home Roasted Turkey and Cranberry Sauce	6.25
Home Roasted Beef and Horseradish Sauce	6.25
Prawns with Marie-Rose Sauce	6.50
Bacon, Lettuce and Tomato	6.25
Hummus and Roasted Vegetables (V)	6.25
Cheddar and Chutney (V)	6.25
Tuna Mayonnaise	6.25
Free range Egg Mayonnaise (V)	6.25
Brie and Grape with a hint of Cranberry Sauce (V)	6.25

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

Add a Small Soup for £1.75 or Potato Wedges for £2.25 NEW	
Home Roasted Turkey, Brie and Cranberry Sauce	6.65
Chicken, Pesto and Mozzarella	6.65
Bacon, Mushroom and Mozzarella	6.45
Bacon and Brie	6.45
Tuna and Cheddar	6.45
Sweet Chilli Chicken and Mozzarella	6.65
Hummus and Roasted Vegetables (V)	6.45
Cheddar and Chutney (V)	6.45
Mozzarella, Pesto and Tomato (V)	6.45
Home Roasted Ham and Cheddar	6.45
Chicken, Mozzarella and Mushroom NEW	6.65

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

Cakes & Other Treats—Served all day

Toasted Teacake and Butter	1.95
Homemade Fruit or Cheese Scone	1.75
Homemade Fruit Scone with Homemade Jam and Cream	2.15
Homemade Cheese Scone with Cheddar and an Apple	2.45
Homemade Cake Slices - Dairy Free & Gluten Free choices available	From 2.60
Homemade Tray Bakes	2.20
Sails Trio of Cakes — Choose any 3 small slices of cake served with whipped or pouring cream	4.25

Sails Special Deals

Regular Americano Coffee or Tea and a Slice of Homemade Cake	4.25
Afternoon Cream Tea for One - A Regular Americano or a Pot of Tea for One and one Fruit or Date and Walnut Scone with Jam & Cream	3.60
Afternoon Cream Tea for Two — Two Regular Americanos or a Large Pot of Tea and two Fruit or Date and Walnut Scones with Jam & Cream	7.20

PRE-ORDER ONLY Served after 2.00pm

Afternoon Tea	£9.95 per head
including a selection of Sandwiches, Quiche Slices, Sausage Rolls, Scones, Cakes and a Tea or Coffee	

Separate Children's Menu is available

OUTSIDE CATERING

We provide buffets for family gatherings business lunches and meetings

Ask for further details or visit our website for details

Afternoon Tea, Ploughman's, Whole Cakes or finger buffets

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	3.20
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	2.20
Cappuccino —Espresso with steamed, frothed milk and chocolate dusting	2.40	2.80
Latte —Espresso with steamed milk	2.40	2.80
Mocha —Espresso, steamed mild and rich hot chocolate	2.60	2.95
Hazelnut, vanilla or caramel syrups		0.50
Hot Chocolate — Made with real Belgium chocolate		2.85
Luxury Sails Hot Chocolate —with whipped cream, marshmallows and chocolate flake		3.35
Babyccino	80p	
Kids Hot Chocolate for the under 12's	1.60	
Kids Luxury Hot Chocolate for the under 12's	2.05	
<i>Skimmed milk is available</i>		

Cold Drinks

Coca Cola, Diet Coke, Coke Zero, Sprite or Fanta	2.00
Ice Cold Fresh Milk	1.50
Flavoured Milk: Chocolate, Strawberry, Banana	1.90
Thick Milk Shake - made with 2 scoops of ice cream (Chocolate, Strawberry, Banana, Caramel Honeycomb or Vanilla)	2.80
Pure Orange or Apple Juice Carton	1.20
Fruit Shoots - All flavours	1.20
Oasis - Citrus or Summer Fruits	2.00
Appletiser	2.00
Mineral Water —Still or Sparkling	2.00
Elderflower or Cranberry and Orange Presse	2.00
Fentimens — Dandelion & Burdock, Ginger Beer or Victorian Lemonade	2.00
100% Fruit Smoothies —Berry Go Round, Pash & Shoot, Grape Escape, Big 5, Strawberry Split or Melon Refresher	2.95
Cordials —Orange or Blackcurrant	1.20
J2O —Orange and Passionfruit	2.00
Ice Cream Sodas —Coca-Cola, Sprite or Fanta with a scoop of vanilla ice cream	2.90

Thank you for your custom — We hope to see you again soon