

# The Blue Pelican Café

*another perfect  
day in paradise*



## Menu



## Blue Pelican Bakery

|  |       |  |
|--|-------|--|
| <b>Chunky toast</b> two slices with butter & preserves<br>Locally baked bread, freshly cut from the loaf | £1.75 | <b>Home made cakes &amp; desserts</b> £1.30 - £3.60<br>Choose from our irresistible daily selection  |
| <b>Scone</b> home made & very delicious<br>Choose from plain, fruit or cheese                            | £1.75 | <b>Hamptons cream tea</b> £3.75<br>One of our delicious home made scones with clotted cream & strawberry jam & a pot of tea  |
| <b>Toasted teacake</b> with butter & preserves   | £1.65 | <b>Hamptons afternoon tea</b> £9.99<br>Served on a tiered cake stand. Includes a selection of freshly made sandwiches, one of our delicious home made afternoon tea scones with strawberry jam & clotted cream, a slice of our scrumptious home made cake & a pot of tea |
| <b>Toasted bagel</b> with cream cheese or preserves  | £1.99 |  |
| <b>Blue Pelican buttermilk pancakes</b>  |       |  |
| Three pancakes with syrup & whipped cream  | £2.50 |  |
| Three pancakes with mixed berries & crème fraiche  | £3.60 |  |
| <b>Blue Pelican waffles</b>  |       |  |
| Two waffles with syrup & whipped cream   | £2.50 |  |
| Two waffles with mixed berries & crème fraiche   | £3.60 |  |

## Sandwiches & Baguettes

Choose from any of our delicious fillings, freshly prepared each day.  
Served with salad garnish & hand cooked potato crisps.

| Fillings                     | Baguette | Sandwich | Fillings                                   | Baguette | Sandwich |
|------------------------------|----------|----------|--|----------|----------|
| Brie & cranberry (v)         | £4.50    | £3.99    | Veggie ham salad with Quorn slices (v)     | £4.25    | £3.85    |
| Brie & ham                   | £4.50    | £3.99    | Free range egg mayo (v)                    | £4.25    | £3.85    |
| Hummus & salad (v)           | £4.25    | £3.85    | Mature cheddar & red onion chutney (v)     | £4.50    | £3.99    |
| Chicken mayo                 | £4.50    | £3.99    | Roast beef & horse radish sauce            | £4.50    | £3.99    |
| Tuna mayo                    | £4.50    | £3.99    | Buffalo mozzarella, tomato & pesto (v)     | £4.50    | £3.99    |
| Ham salad                    | £4.50    | £3.99    | Sliced roast chicken, stuffing & cranberry | £4.50    | £3.99    |
| Smoked salmon & cream cheese | £4.75    | £4.25    | BLT – Bacon, lettuce, tomato & mayo        | £4.50    | £3.99    |

\* Our sandwiches can also be made using freshly cut low GI granary bread when available.

Add £0.15 to the price of your chosen filling

\* We are also delighted to offer any of our sandwich fillings on a gluten free bread roll.

|   |       |
|---|-------|
| <b>Toasted bagel</b> with smoked salmon & cream cheese                                | £4.75 |
| <b>Sandwich of the Week</b> See our specials board for this week's delicious sandwich | £4.85 |

## Soup, Salads & Hot Dishes

|  |       |  |
|--|-------|--|
| <b>Aunt Harriet's Home Made Soup</b> (v) £4.15<br>A delicious bowl of Harriet Hampton's favourite soup served with locally baked, fresh crusty bread. See our specials board for today's choice  | £4.15 | <b>Salad Niçoise</b> £7.50<br>Your choice of tuna, salmon or buffalo mozzarella (v) served on a bed of mixed leaves with French beans, black olives, wedges of boiled egg & chunks of new potato. Drizzled with balsamic dressing & served with fresh crusty bread |
| <b>Soup &amp; Sandwich</b> £6.85<br>A smaller bowl of our delicious home made soup together with a sandwich of your choice   | £6.85 | <b>Falafel Feast</b> (v) £7.25<br>A platter of falafels, gently spiced with coriander & cumin served with hummus, home made red onion chutney, mixed salad & warmed pitta bread ready for you to fill  |
| <b>Life Guard's Lunch Box</b> £7.50<br>A hunky platter of ham, cheddar & brie served with salad, pickled onions, coleslaw, potato salad, home made red onion chutney & fresh crusty bread.<br>We are also delighted to offer a veggie version of our now famous Life Guards using veggie ham (v) | £7.50 | <b>The Italian Job</b> £7.50<br>A mouth watering platter of salami, prosciutto, buffalo mozzarella, salad & olives served with olive oil, balsamic vinegar & crusty bread  |
| <b>Home made quiche</b> (v) £7.50<br>A mouth-watering slice of our freshly baked quiche served warm with salad, coleslaw, potato salad & fresh crusty bread  | £7.50 | <b>Beef &amp; Caper Salad</b> £7.25<br>Torn roast beef sprinkled with piquant capers resting on a bed of mixed leaves served with dressing & fresh crusty bread  |
| <b>Blue Pelican Club Sandwich</b> £6.35<br>Slices of chicken & bacon layered between avocado, tomato, lettuce & mayo create the perfect club   | £6.35 | <b>Thai Salmon</b> £7.50<br>Succulent salmon fillet on a bed of mixed leaves served with sweet chilli & lime dressing & fresh crusty bread   |
| <b>Veggie Club Sandwich</b> (v) £5.75<br>Slices of veggie ham layered between avocado, tomato, lettuce & mayo  | £5.75 | <b>Blushing Chicken &amp; Cranberry</b> £7.50<br>Chunks of roast chicken breast in a mayo & cranberry dressing served on a bed of leaves. Topped with slices of fresh pear & pecans & served with fresh crusty bread   |
| <b>Hamptons Chicken Salad</b> £7.50<br>Mixed leaves topped with roast chicken, tomatoes & red onion, drizzled with balsamic dressing & sprinkles of parmesan shavings. Served with fresh crusty bread  | £7.50 |  |

And if that's not enough to tempt you, check our board to see today's equally great specials  
Please let us know if you would like gluten free bread with your soup or salad



## Hot Beverages

### Coffee

Espresso - single/double shot £1.40 / £1.70  
*Single or double shot of coffee*

Cappuccino - medium/large £1.80 / £2.10  
*Single or double shot with steamed milk, topped with foam & dusted with chocolate powder*

Latte - *Single shot with steamed milk in a mug* £1.99

Mocha - *Single shot of coffee with chocolate & steamed milk in a mug* £2.20

Americano - *Double shot topped with hot water in a mug & milk on the side* £1.85

Regular coffee - *Single shot topped with hot water & milk on the side* £1.75

Cafetiere of coffee for one - Medium or strong £1.95  
 Extra shot £0.45  
 Cream £0.30

### Tea

Pot of tea for one £1.40

Earl Grey, Assam, £1.50

Dargeeling or Traditional English £1.60

Fruit & herbal tea selection £1.99

**Hot Chocolate** £1.99

Deliciously thick & creamy

Whipped cream & marshmallows £0.35 each

\* All of our teas, coffees & sugars are Fairtrade

\* We use semi skimmed milk in all of our hot drinks - please let us know if you prefer skimmed or soya milk

\* Please let us know if you prefer decaffeinated coffee or tea

## Cold Drinks

Ty Nant mineral water - still or sparkling (330ml) £1.45

Orange, apple, pineapple or cranberry juice £0.99

Freshly squeezed orange juice £1.99

Sparkling presse (250ml) £1.65

Elderflower or Cranberry & Orange

Fentimans Traditional Ginger Beer (275ml) £1.85

(not more than 0.5% alcohol by volume)

Fentimans Victorian Lemonade (275ml) £1.85

Coca Cola or Diet Coke (330ml) £1.95

Milkshakes - strawberry, banana or chocolate £1.95

Home made Smoothie £2.60

See the board for today's great selection

Home made Yoggie - Add a scoop of fat free yogurt to any of our smoothies £2.99

Hamptons Summer Breeze - A delicious mix of fresh strawberries & ice cream topped up with elderflower spritzer £1.99

## Wine, Champagne & Beer, Cider

### House wine

**White** French Sauvignon

**Red** Merlot from the South of France

Large glass (250ml) £4.25

Medium glass (175ml) £3.25

Bottle £12.50

**Rosé** France

Large glass (250ml) £4.65

Medium glass (175ml) £3.50

Bottle £13.99

**Champagne** 100% Pinot Noir

Bottle £28.99

By the glass (150ml) £5.85

**Bottled Beers** (330ml) £2.85

San Miguel or Peroni

**Welsh Cider** (500ml) £3.50

From Gwynt y Ddraig

**Perry Vale** (330ml) £2.85

Pear Cider