



• 14 MILES EAST •

Breakfast

- SERVED UNTIL 11.45AM

PANCAKES £7.75

A stack of four American style pancakes served with a choice of:

Bacon & Maple Syrup

or **Fruit Compote & Natural Yogurt** V, VEA

PORRIDGE V, VEA £4.50

A bowl of porridge served with a choice of sugar or fruit compote or honey

EGGS BENEDICT CG, GFA £8.50

Two halves of an English muffin each topped with a poached egg, streaky bacon & homemade hollandaise

EGGS FLORENTINE V, CG, GFA £7.75

Two halves of an English muffin each topped with a poached egg, spinach & homemade hollandaise

EGGS ROYALE CG, GFA £8.75

An English muffin topped with two poached eggs, smoked salmon & homemade hollandaise

ENGLISH BREAKFAST CG, GFA £9.75

Two eggs of your choice (fried, scrambled or poached), two rashers of back bacon, two pork sausages, tomato and mushrooms, served with white or granary toast and butter

£6.50

Smaller Appetite: One egg (fried or poached), one rasher of back bacon, one pork sausage, tomato, mushrooms, served with white or granary toast and butter

MEAT FREE BREAKFAST V, VEA, CG, GFA £8.50

Two eggs of your choice (fried, scrambled or poached), two meat free sausages, tomato and mushrooms served with white or granary toast and butter

£5.50

Smaller Appetite: One egg (fried or poached), one meat free sausage, tomato, mushrooms, served with white or granary toast and butter

Make it Vegan: Swap out the eggs for extra mushrooms, tomato or spinach

BREAKFAST SANDWICHES V, VEA, CG, GFA £5.50

Choice of: Bacon • Sausage • Meat free sausage

EGGS ON TOAST V £5.00

Two eggs of your choice (fried, scrambled or poached) served on two slices of white or granary buttered toast

£3.00

Smaller Appetite: One egg of your choice (fried or poached) served on one slice of white or granary buttered toast

TOAST V, CG, GFA £1.25

One slice of white or granary toast served with butter

ADD homemade jam, marmalade or Ashe Farm honey 50p

SIDES: Egg £1.00 • Back Bacon £1.25 • Sausage/Meat free sausage £1.75
Mushrooms/Tomato £1.00 • Smoked salmon £2.50 • Avocado £1.75 • Maple syrup £1.00

Cakes

- SERVED DAILY

CAKES V, VE FROM £2.95

A selection of homemade cakes served daily

TEACAKE CG £2.95

SCONES V

Choose from a choice of freshly made scones:

• With butter £2.10

• With butter & homemade jam £2.45

CREAM TEA V

served with clotted cream, homemade jam and a pot of Clipper organic tea

One scone £5.00

Two scones £7.50

SAVOURY TEA V

served with butter, a choice of cheddar or blue cheese, chutney and a pot of Clipper organic tea

One cheese scone £5.00

Two cheese scones £7.50

AFTERNOON TEA V available, CG, GFA £20.00

Minimum 2 people and a minimum of 24 hours notice is required. Afternoon Tea is available after 2.30pm (2pm Sundays).

- A selection of finger sandwiches
- 2 scones with clotted cream & homemade jam
- Sweet treats
- A pot of Clipper organic tea of your choice

Add a 200ml single serve bottle of Prosecco £8.50

14 Miles Extra £2.50

Completely food free, all of the proceeds from your purchase will be divided equally between our chosen charities: Hospiscare and Samaritans.

Suppliers

At 14 Miles East we always try our hardest to source everything from as close as possible.

V - Vegetarian VE-Vegan VEA - Vegan available CG-contain Gluten GFA - Gluten Free available

Please let us know if you have any allergies. Service charge is not added.

The majority of items on this menu are gluten free and our controls and processes have been accredited by Coeliac UK.

However some items on the menu contain gluten and are marked CG.

Lunch

SERVED 12NOON – 3.30PM (2.30PM SUNDAYS)

HOMEMADE BUBBLE & SQUEAK topped with crispy bacon and two poached eggs	£8.00
A TRIO OF HOMEMADE HOUMOUS with pitta and salad Garnish v, VE	£7.50
FISHCAKES <i>Two homemade fishcakes</i> with tartare sauce, salad and chips <i>One homemade fishcake</i> with tartare sauce and salad	£13.50 £7.50
MOULES MARINIERE (subject to availability) Served with homemade chips	£15.95
<i>Smaller Appetite:</i> Moules Mariniere with a choice of white or granary bread CG, GFA or homemade chips	£8.50
BUTTERFLY CHICKEN with lemon & garlic butter, salad, chips and homemade coleslaw	£13.50
<i>Smaller Appetite:</i> Half a Butterfly Chicken with lemon & garlic butter and salad	£9.50
BATTERED FISH & CHIPS (Fridays only) served with homemade tartare sauce and peas	£12.50
SALADS A mixed salad bowl using Trill Farm Organic Leaves (subject to availability) served with a choice of:	
Roasted Vegetables v, VE	£9.50
Crab (subject to availability)	£13.50
OPEN SANDWICHES A slice of toasted white or granary bread topped with	
Houmous and Roasted Vegetables v, VEA	£6.00
Chicken and Avocado	£8.00
Add: Bacon	£1.25
Add: Homemade Chips to your sandwich	£1.50
SANDWICHES CG, GFA served with a choice of white or granary bread from Upper Crust bakery, Sidmouth or GF bread from the Bakery at Knife and Fork	
Minute Steak & Chutney	£9.50
Add: Blue Cheese or cheddar	£1.50
Crab (subject to availability)	£11.00
Smoked Salmon & Cream Cheese	£9.50
Cheese & Chutney v, VE available	£5.50
House Club chicken, crispy bacon, rocket & homemade mayonnaise	£10.50
Add: Homemade Chips to your sandwich	£1.50
SIDES	
A Bowl of Homemade Chips	£3.00
Homemade Coleslaw VE	£2.50
A Bowl of Mixed Salad	£3.00

Hot Drinks

A choice of non-dairy milk
Oat/Coconut/Soya

The Devon Coffee Co (Plymouth) 'America's' blend.
All our coffee is served as a double shot.

FLAT WHITE	£2.75
LATTE / ICED LATTE	£2.95
CAPPUCCINO	£2.95
MOCHA	£3.00
DOUBLE ESPRESSO	£2.20
MACCHIATO	£2.25
EXTRA SHOT	£0.50
CAFETIERE FOR 1	£2.25
HOT CHOCOLATE	£3.00
BABYCCINO	£0.90
BABYCHOCO	£0.90
ADD A SHOT OF SYRUP	£0.50
Vanilla • Caramel • Hazelnut • Gingerbread	
CLIPPER ORGANIC TEA	£2.00
Everyday • Decaffeinated • Earl Grey Wild Berry Infusion • Lemon & Ginger Infusion Peppermint • Camomile • Redbush • Green	

Soft Drinks

HULLABALOO STILL DRINKS 330ml	£3.00
Original Lemonade • Ginger Beer Lime & Mint Lemonade	
LUSCOMBE DRINKS 270ml	£3.00
Elderflower Bubbly • Rhubarb Crush	
FROBISHERS ORANGE JUICE 250ml	£2.85
FOUR ELMS APPLE JUICE 250ml	£2.95
DEVONIA SPRING WATER 330ml	£2.50
Still or Sparkling	720ml £3.20
COKE • DIET COKE • LEMONADE 330ml	£2.50

Tapas

— £3.50 PER DISH—

**Bread, Dipping Oil
& Balsamic Vinegar**
v, VEA, CG, GFA

**Marinated
Mixed Olives**
v, VE

— £4.50 PER DISH—

Halloumi Fries & Chilli Dip v

Calamari with Garlic Aioli

Patatas Bravas v, VE

**Goats Cheese Bon Bons
With Sweet Chilli Sauce**

Whole Mini Peppers v, VE

— £5.75 PER DISH—

**King Prawns
in Lemon
& Garlic Butter**

**Steak, Rocket
& Blue Cheese**

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