

DESSERTS

WARM CHOCOLATE FUDGE CAKE
WITH CREAM OR ICE CREAM
(EG, GL, SD, ML, SOY)

£3.45

APPLE PIE
WITH CUSTARD, CREAM OR ICE CREAM
(EG, GL, SD, ML, SOY)

£3.95

STICKY TOFFEE PUDDING
TOFFEE SAUCE AND ICE CREAM
(EG, GL, SD, ML)

£3.95

SUMMER BERRY ETON MESS
(EG, SD, ML)

£3.95

ICE CREAM SUNDAE
WITH CHOPPED NUTS
(EG, GL, SD, ML, SOY, NU)

£2.95



Allergen menu key

Celery (CL): This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten Wheat (GL): (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

Crustaceans (CR): Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Eggs (EG): Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

Fish (FI): You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin (LU): Lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

Milk (ML): Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Molluscs(MO):These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews

Mustard (MU):Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Nuts(NU): Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces

Peanuts (PNU): Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Sesame seeds(SE): These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

Soya (SOY): Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide(SD): (sometimes known as sulphites) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



Croeso I Welcome to the CAYLEY FLYER



Daytime MENU



STARTERS

GARLIC BREAD/WITH CHEESE (V)
(GL, ML)
£1.60/£2.10

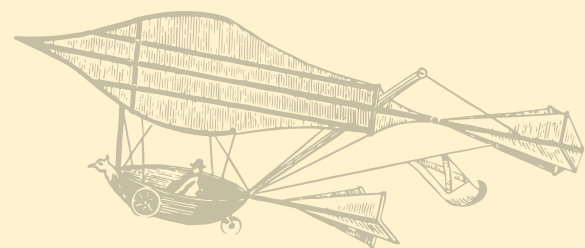
SOUP OF THE DAY
LARGE BOWL OF CHEF'S HOMEMADE
SOUP SERVED WITH CRUSTY BREAD
(GL, ML, CL, SD - MAY CONTAIN FI, NU, PNU)
£3.95

GARLIC BREADED MUSHROOMS (V)
SERVED WITH SIDE SALAD AND
HERB MAYONNAISE DIP
(EG, GL, MU, ML, CL, SD)
£3.85

FRESHLY BATTERED
CHICKEN GOUJONS
SERVED WITH SIDE SALAD
AND SWEET CHILLI DIP
(EG, GL, ML, SOY, SD)
£4.25

NACHO TOPPER
(SINGLE OR TO SHARE)
A MOUND OF CRISPY NACHOS LAYERED
WITH CHEESE TOPPED WITH SALSA,
GUACAMOLE, SLICED JALAPENOS
AND SOUR CREAM
(GL, MU, ML, SOY, NU, SD)
£3.65/£7.00

COMBO PLATTER
(SHARING DISH)
ONION RINGS, BREADED GARLIC
MUSHROOMS, BATTERED CHICKEN
GOUJONS, POTATO WEDGES, SERVED
WITH HERB MAYONNAISE AND
SWEET CHILLI DIP
(EG, GL, MU, ML, SOY, SD)
£7.95



BURGERS

ALL BURGERS SERVED WITH CHIPS
AND SALAD GARNISH
(EG, GL, MU, ML, SOY, SE, SD)
£7.95

GOURMET BEEF BURGER

CHICKEN BURGER

VEGGIE BURGER (V)
(ALSO CONTAINS CL, NU)

ADD TOPPINGS :
MUSHROOMS, ONION RINGS, CHEDDAR CHEESE,
BLUE CHEESE, BACON OR BBQ PULLED PORK
£0.75 PER ITEM

CAYLEY BURGER
TOPPED WITH JALAPENOS, PEPPERONI,
CHEESE, ONION RING AND A HOT SAUCE
£9.95

SIZZLERS

ALL SERVED ON A HOT PLATTER WITH
CHIPS, ONION RINGS, GRILLED TOMATO
AND MUSHROOMS
(EG, GL, MU, ML, SD)
£9.95

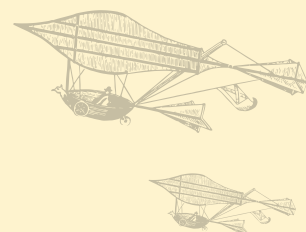
8OZ GAMMON STEAK
WITH FRIED EGG OR GRILLED PINEAPPLE

8OZ RUMP STEAK

CAJUN BLACKENED CHICKEN

10OZ RIB EYE STEAK
£13.95

ADD PEPPERCORN SAUCE ,
STILTON SAUCE OR DIANE SAUCE
£2.00



MAINS

ALL DAY BREAKFAST
2 RASHERS OF BACON, 1 SAUSAGE, CHUNKY CHIPS,
EGG,BEANS AND TOMATOES
(EG, GL, MU, ML, SOY, SD)
£6.99

BEER BATTERED FISH
SERVED WITH CHIPS, GARDEN OR MUSHY PEAS,
LEMON WEDGE AND TARTARE SAUCE
(GL, ML, EG, FI, SD)
£7.95

SAUSAGE AND MASH
SERVED WITH ONION GRAVY
AND GARDEN PEAS
(EG, GL, MU, ML, SOY, SD)
£7.95

STEAK AND KIDNEY PUDDING
SERVED WITH CHIPS, GARDEN OR MUSHY
PEAS WITH EXTRA GRAVY
(EG, LU, GL, MU, ML, SD)
£8.95

DEEP FILLED CHICKEN,HAM AND LEEK PIE
SERVED WITH CHIPS, GARDEN OR
MUSHY PEAS WITH EXTRA GRAVY
(EG, GL, MU, ML, SD)
£8.95

DEEP FILLED STEAK AND ALE PIE
SERVED WITH CHIPS, GARDEN OR
MUSHY PEAS WITH EXTRA GRAVY
(EG, GL, MU, ML, SD)
£8.95

BREADED SCAMPI
SERVED WITH CHIPS, GARDEN OR MUSHY PEAS,
WEDGE OF LEMON AND TARTARE SAUCE
(CR, EG, GL, ML, SD)
£7.95

CAYLEY CHICKEN
CHICKEN BREAST TOPPED WITH BBQ SAUCE,
BACON AND CHEESE SERVED WITH CHIPS
AND SIDE SALAD
(GL, ML, SD)
£7.95

CAYLEY CAESAR SALAD
STRIPS OF CHAR GRILLED CHICKEN BREAST ON A
SALAD OF ROMAINE AND BABY GEMLETTUCE, CAESAR
DRESSING, ANCHOVIES, BACON, SOFT BOILED EGG
AND PARMESAN SHAVINGS
(EG, GL, FI, MU, ML, SD)
£8.25

HOMEMADE BEEF HOTPOT
SERVED WITH SEASONAL VEGETABLES
(GL, MU, ML, SD)
£7.95

HOMEMADE BEEF LASAGNE
SERVED WITH SALAD GARNISH AND GARLIC BREAD
(EG, GL, ML, SD)
£7.95

HOMEMADE VEGETABLE LASAGNE (V
SERVED WITH SALAD GARNISH AND GARLIC BREAD
(EG,GL,MU,ML AND SD)
£7.95

CAYLEY CURRY OF THE DAY
SERVED WITH RICE OR CHIPS (OR HALF AND HALF),
NAAN BREAD, POPPADOM AND MANGO CHUTNEY
(EG, GL, MU, ML, SD)
£8.25

MEDITERRANEAN VEGETABLE AND
HALLOUMI RISOTTO (V)
AND BALSAMIC DRESSING
(ML, SOY, SD)
£7.95

CAYLEY MIXED GRILL
PORK STEAK , GAMMON,RUMP STEAK,
SAUSAGES, GRILLED TOMATO,ONION RINGS,
FRIED EGG AND CHIPS
(EG, GL, MU, ML, SOY, SD)
£12.95

