

the PADDLE

IN THE FOREST

PLEASE
PLACE YOUR
ORDER AT THE
COUNTER
THANK YOU

BRUNCH [8AM – 2PM]

**SMASHED AVOCADO ON SOURDOUGH SERVED WITH BEETROOT HUMMUS,
POACHED LOCAL FREE RANGE EGG, CHILLI & CORIANDER (V) 10.00**

EXTRAS

SMOKED SALMON 3.50 OR HALLOUMI 3.00- POACHED FREE RANGE EGG 1.50

SMASHED MINTED PEAS ON HOMEMADE NUT & SEED LOAF

WITH HALLOUMI, POACHED EGG & ROCKET PESTO (V)(N)(GFA) 10.50

ADD PROSCUITTO - SWAP EGG & HALLOUMI FOR COCONUT FETA FOR VEGAN OPTION 8.00

HOMEMADE AMERICAN STYLE PANCAKES, MAPLE SYRUP, BERRIES & BANANA (V) 9.50

THE PADDLES HOMEMADE GRANOLA, GREEK YOGHURT, HONEY, FRUIT (V)(N) 7.75

SOURDOUGH TOAST WITH BANANA, PEANUT BUTTER, CINNAMON & HONEY (V)(N) 6.50

2 SLICES OF SOURDOUGH TOAST WITH BUTTER AND JAM/MARMALADE/MARMITE/HONEY (V) 4.00

BACON CIABATTA 7.95

SAUSAGE CIABATTA 8.95

ADD A FRIED EGG 1.50

LUNCH [11.30-2PM]

CIABATTA ROLLS/ WRAPS

PROSCUITTO, CHEDDAR, NAKED SLAW, SRIRACHA MAYO 8.75

AVOCADO, CHILLI JAM, HALLOUMI, NAKED SLAW (V) 8.75

SWEET POTATO, PICKLED ONION, COCONUT FETA, SPINACH (VE) 8.95

'THE PADDLE BLAT'

BACON, TOMATO, AVOCADO, LETTUCE, SRIRACHA MAYO CIABATTA 9.25

'PADDLE PLOUGHMANS'

FOCCACIA, CHUTNEY, BEETROOT HUMMUS, MATURE CHEDDAR, 11.00

PICKLED ONION, PROSCUITTO, APPLE, SLAW

SOURDOUGH TOASTIES

COASTAL CHEDDAR, PROSCUITTO, CHUTNEY 8.95

GOATS CHEESE, RED ONION MARMALADE, WALNUTS (V)(N) 8.95

PLEASE NOTE THAT DURING BUSY TIMES AND IF ADJUSTMENTS ARE MADE THERE MAY BE A SLIGHTLY LONGER WAIT.

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BAD HAND COFFEE

ESPRESSO	3.00
LONG BLACK/AMERICANO	3.10
CAPPUCCINO	3.40
LATTE	3.40
MACHIATTO	3.10
PICCOLO	3.10
FLAT WHITE	3.30
MOCHA	4.20
MAROCCHINO	4.60
Nutella, Espresso, Hot Milk	
ICED COFFEE	4.20
SYRUPS 70P	
Caramel, Vanilla, Gingerbread, Hazelnut	
EXTRA SHOT 70P	

ALL OUR COFFEES ARE DOUBLE SHOT AS STANDARD

ALTERNATIVE MILK 50P (20P FOR A DASH)

CHAI LATTE	3.50
DIRTY CHAI	4.20
HOT CHOCOLATE	3.90 (GF)

(ADD CREAM & MARSHMALLOWS £1)

MATCHA/ TUMERIC LATTE 4.40

TEAS

DORSET TEA 2.20 MUG/2.40 POT

LOOSE LEAF TEAS 3.00

Please ask for our selection

We proudly serve all
our coffees with
Meggy Moos Milk
from their farm in
Dorset.

They are a family
run farm with
excellent values on
sustainability and
ethics.

If you prefer we also
offer Oat, Soy or
Coconut Milk for 50p

COLD DRINKS

CANS 2.10

FRESH JUICE OF THE DAY 5.00

BERRY BERRY SMOOTHIE 5.00

Berries, Banana, Yoghurt

PEANUT BUTTER SMOOTHIE 5.00

Peanut Butter, Banana, Oat Milk, Honey

MILKSHAKES 5.00 ADD CREAM 60P

All made with Ice Cream

- CHOCOLATE

- BISCOFF

- OREO

- VANILLA

- BANANA

- STRAWBERRY

ORANGE/APPLE JUICE 3.50

THE PADDLE IN THE FOREST CREAM TEA

1 HOMEMADE FRUIT SCONE,

CLOTTED CREAM, JAM 5.00

CHEESE SCONE & CHUTNEY 5.00

PLEASE TAKE A LOOK IN OUR CABINET FOR OUR
SELECTION OF HOMEMADE CAKES, SAUSAGE
ROLLS & SANDWICHES