

# The Blue Pelican Café

## Lunch Menu

### Freshly Baked Rolls and Sandwiches

Our rolls and sandwiches are freshly prepared to order and are served with a selection of our homemade salads together with bread of your choice. Choose from a **Flaguette** – a ciabatta style roll, soft with an open texture and a crispy crust, a **Rustic Wholemeal Baguette** or **locally baked white farmhouse or granary bread** freshly cut from the loaf.

#### Choose from our delicious fillings

- Mature Welsh cheddar with tomato chutney, pickled red onion & salad leaves (v) **£4.99**
- Honey roast ham with Dijon mustard & fresh salad leaves **£4.99**
- Smoked salmon & prawns with chive & lemon crème fraiche & rocket **£5.75**
- Roasted vegetables and hummus & salsa verdi with rocket **£4.99**
- Roast chicken & smoked bacon with tarragon mayonnaise & fresh salad leaves **£5.75**

### Soup, Salads & Hot Dishes

**Aunt Harriet's Homemade Soup** (v) **£3.99**  
A delicious bowl of Harriet Hampton's favourite soup served with homemade croutons & a freshly baked roll. See our specials board for today's choice

**Soup and a Sandwich** **£7.50**  
A bowl of our delicious home made soup together with a sandwich of from our selection above

**Smokey Bay Mackerel Salad** **£7.50**  
Flakes of smoked mackerel served on a bed of leaves with a citrus and herb dressing and a selection of our homemade salads

**Long Island Burger** **£7.99**  
Our homemade burger, cooked to order and served in toasted Ciabatta with a selection of salads  
Add smoked bacon **£1.00**  
Add cheddar or brie **£0.50**  
Hand cooked potato crisps **£0.85**

**Spicy Bean Burger** (v) **£6.99**  
Fresh coriander cumin and chilli powder spice up our veggie burger served in toasted Ciabatta with a wedge of lime and salads

**Blue Pelican Club Sandwich** **£6.75**  
Fresh roast chicken & smoked bacon with tomato, lettuce, mayonnaise & Dijon mustard layered between lightly toasted slices of Barbaree – a delicious Mediterranean style flat bread

**Lifeguard's Lunch Box** **£7.99**  
A hunky platter of honey roast ham, Welsh cheddar, pork pie, pickled onions, apple chutney, celery & a selection of homemade salads served with a freshly baked roll

#### Choose from our special sandwich selection

**The Sophia Loren** **£5.75**  
A voluptuous combination of prosciutto, mozzarella, tapenade, sundried tomatoes & rocket served on focaccia. Buon appetito!

**Salmon Chanted Evening** **£5.25**  
Our own poached salmon with tartar sauce, homemade pickled cucumber & salad leaves served on toasted Ciabatta

**Manhattan Bagel** **£4.99**  
Smoked salmon & cream cheese served on a toasted bagel

**The Picasso** **£5.25**  
A masterpiece of pan fried chorizo with Apple chutney & rocket served in a Flaguette

**Hand cooked potato crisps** **£0.85**  
Add a bowl of crisps to your sandwich

**Homemade Quiche** (v) **£7.99**  
A mouth watering slice of our freshly baked quiche served warm with a selection of homemade salads

**Bayside Fish Cakes** **£7.99**  
Captain Hampton's famous fish cakes served with lemon & dill mayonnaise & a selection of our daily salads

**Portofino Platter** **£7.99**  
A feast of continental meats, sundried tomatoes, olives, hummus, roasted peppers, chorizo sausage, artichokes & salads served with crusty bread, olive oil & balsamic vinegar  
A larger platter for two to share **£13.99**

**Hamptons Chicken Caesar Salad** **£7.99**  
Our traditional Caesar salad combines baby gem lettuce with roast breast of chicken, finished with quail's eggs, homemade croutons, anchovies, parmesan shavings, garlic & olive oil

**Mediterranean Peppers** (v) **£6.99**  
Roasted red peppers filled with cherry tomatoes, olives, capers, red onion & fresh basil served with rocket salad & salsa verdi

**Bread basket** **£1.00**  
A selection of our freshly baked breads to accompany your lunch

**And if that's not enough to tempt you, see our board for today's equally great specials including our scrumptious home made desserts**

# Blue Pelican Bakery

**Chunky toast** Two slices with butter & preserves. Locally baked bread, freshly cut from the loaf **£1.85**

**Toasted teacake** **£1.75**

**Toasted bagel** with cream cheese or preserves **£1.99**

**Blue Pelican buttermilk pancakes**  
With maple syrup & whipped cream **£2.65**  
With mixed berries & crème fraiche **£3.75**

**Blue Pelican Belgian waffles**  
With maple syrup & whipped cream **£2.65**  
With mixed berries & crème fraiche **£3.75**

**Scone** Home made & very delicious. Choose from plain or fruit **£1.85**

**Home made cakes and desserts**  
Choose from our irresistible daily selection

**Hamptons Cream Tea** **£3.99**  
A delicious home made scone with clotted cream & strawberry jam & a pot of tea

**Hamptons Afternoon Tea** **£10.99**  
*Available each day after 2.30pm*  
Served on a tiered cake stand with 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

## Cold Drinks

**Welsh Spring Water** **£1.50**  
Still or bubbly (330ml)

**Fruit Juice** **£0.99**  
Orange, apple, pineapple or cranberry

**Chilled drinks from the award winning Luscombe Farm in Devon** (320ml) **£2.20**

- Sicilian Lemonade
- Cranberry Crush
- Hot Ginger Beer
- Elderflower Bubbly

**Coca Cola Regular or Diet Coke** (330ml) **£1.99**

**Milkshakes** **£1.99**  
*Strawberry, banana or chocolate*

**Fruit Smoothies and Yoggies** **£2.70/£2.99**  
Freshly made from 100% fruit in four great flavours. Add our 98% fat free yogurt to create a smooth and creamy "Yoggie"

- Mango Fandango - *Mango & Raspberry*
- Skinny Mini - *Strawberry & Raspberry*
- Totally Tropical - *Pineapple, Mango, Kiwi & Melon*
- Strawberry Fields - *Strawberry & Banana*

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

## Hot Drinks

**Tea**  
Pot of tea for one **£1.50**  
Earl Grey, Assam, Darjeeling or Traditional English **£1.55**  
Fruit & herbal tea selection **£1.60**

**Coffee**  
Espresso - single/double **£1.50/£1.80**  
Cappuccino - regular/large **£1.85/£2.25**  
Latte **£2.10**  
Mocha **£2.40**  
Americano **£2.10**  
Regular coffee **£1.75**  
Cafetiere for one - medium or strong **£1.99**  
Babycino **£0.60**  
*A small cup of steamed milk, topped with foam & dusted with chocolate powder*  
Extra shot **£0.40**  
Cream **£0.30**

**Hot Chocolate**  
Our regular hot chocolate is thick and creamy **£2.10**  
Whipped cream & marshmallows **£0.40 each**  
Junior Hot Chocolate **£0.99**  
*A small cup of hot chocolate with marshmallows*

- 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 your drink made with skimmed or soya milk
- Please let us know if you prefer decaffeinated coffee or tea

## Wine & Champagne

**White** French Sauvignon  
**Red** Merlot from the South of France

- Large glass (250ml) **£4.35**
- Medium glass (175ml) **£3.25**
- Bottle **12.99**

**Rosé - France**

- Large glass (250ml) **£4.99**
- Medium glass (175ml) **£3.50**
- Bottle **14.99**

**Champagne - 100% Pinot Noir**

Bottle **£29.99**  
By the glass (150ml) **£5.99**

## Beer & Cider

**Bottled Beers**

San Miguel or Peroni (330ml) **£2.90**  
Otley O1 Ale (500ml) **£3.85**  
*A pale straw coloured ale with a thirst quenching bitterness. Brewed in Wales.*

**Cider**

Gaymers Original Cider (330ml) **£2.90**  
*Crisp & fresh made from apples grown in Somerset*  
Gaymers Pear Cider (330ml) **£2.90**  
Full of the crisp flavours of ripe pears