

The Blue Pelican Café

another perfect day
in paradise



Blue Pelican Bakery

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

Toasted teacake £1.75

Toasted bagel With cream cheese £1.99
or preserves

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

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

Ice Cream Desserts

**Indulge! And enjoy one of our fabulously
retro ice cream desserts** £3.99

Knickerbocker Glory
Fruit in strawberry jelly with vanilla ice
cream, topped with whipped cream,
strawberry sauce, chopped nuts & a cherry

Banana Split
Vanilla ice cream cwtched between fresh
banana with lashings of whipped cream,
strawberry sauce, nuts & cherries

Gourmet Sandwiches

**They're rather smart and rather
scrumptious – because you're worth it!**

Blue Pelican Club Sandwich £6.75
Chicken & bacon with guacamole, tomato,
lettuce & mayo to create the perfect club

Haloumi Club (v) £5.75
Slices of grilled haloumi with lettuce, tomato,
guacamole & mayo

The Sophia Loren £5.25
A voluptuous combination of Italian salami,
prosciutto, mozzarella & olives served in a
Flaguette with a seductive Italian dressing on
the side. Buon appetito!

Scone Home made & very delicious £1.85
Choose from plain, fruit or cheese

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

Strawberry Cream Tea Sundae
Strawberry ice cream with a devilishly
delicious dollop of clotted cream together
with fresh strawberries, strawberry sauce &
all butter shortbread

Chocaholic's Chocolate Sundae
Chocolate heaven with a spoon! Dive in &
enjoy a gorgeous combination of chocolate
brownie with chocolate & vanilla ice cream,
whipped cream, chocolate sauce, chopped
nuts, chocolate sprinkles & a flake

Wensleydale Hero (v) £5.25
By 'eck - our tribute to those Wensleydale
heroes Wallace & Gromit combines
Wensleydale cheese, apricots, walnuts &
mayo served on a *cracking* ciabatta

Hawaii Five 0 £5.25
A tidal wave of ham, cheese and pineapple
served in a toasted Ciabatta – Book it Danno!

Posh Fish Fingers £4.99
Fish fingers & rocket served in freshly cut
white bread with mayo & ketchup on the side
– there's posh!

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

Sandwiches & Baguettes

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

Baguette £4.75
Sandwich £4.25

*Our sandwiches can also be made using low GI granary bread for an additional £0.15

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

Sandwich of the Week

See our specials board for this week's delicious sandwich

Soup, Salads & Hot Dishes

Aunt Harriet's Home Made Soup (v) £4.25

A delicious bowl of Harriet Hampton's favourite soup served with locally baked, fresh crusty bread. See our specials board for today's choice

Soup and Sandwich £6.99

A smaller bowl of our delicious home made soup together with a sandwich of your choice from our regular sandwich selection

Life Guard's Lunch Box £7.99

A hunky platter of ham, cheddar & brie served with salad, pickled onions, coleslaw, potato salad, chutney & fresh crusty bread

Home Made Quiche £7.99

One of our individual freshly baked quiches served warm with salad, coleslaw, potato salad & fresh crusty bread

Hamptons Chicken Salad £7.99

Mixed leaves topped with roast chicken, cherry tomatoes & red onion with sprinkles of parmesan shavings. Served with fresh crusty bread

South Sea Island Salad £7.99

Flakes of tuna served on an island of rocket, cherry tomatoes, red onion & cannellini beans. Served with a honey, lemon & wholegrain mustard dressing together with fresh crusty bread

Falafel Feast (v) £7.99

A platter of falafels, gently spiced with coriander & cumin served with hummus, red onion chutney, mixed salad & warmed pitta bread ready for you to fill

Fillings

- Brie & cranberry (v)
- Brie & ham
- Hummus, rocket & tomato (v)
- Chicken mayo
- Mozzarella, tomato & pesto (v)
- Roast chicken, stuffing & cranberry
- BLT – Bacon, lettuce, tomato & mayo
- Smoked salmon & cream cheese
- Tuna mayo
- Ham salad
- Haloumi, lettuce, tomato & mayo (v)
- Free range egg mayo (v)
- Mature cheddar & red onion chutney (v)

The Italian Job £7.99

A mouth watering platter of salami, prosciutto, mozzarella, salad & olives served with olive oil, balsamic vinegar & crusty bread

Surfer's Picnic £7.99

A crashing wave of pork & ham pie served with salad, coleslaw, potato salad, pickled onions, chutney & fresh crusty bread

Walnut, Pear & Crispy Bacon Salad £7.99

Slices of fresh pear with crispy bacon & a sprinkling of walnuts served on a bed of leaves with a honey, lemon & wholegrain mustard dressing & fresh crusty bread

Blushing Chicken & Cranberry £7.99

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

Bayside Fish Cakes £7.99

Captain Hampton's famous fish cakes served with salad, coleslaw, potato salad and fresh crusty bread

Posh Pies £8.99

Ask about today's delicious variety, made with free range British meat and delicious pastry, served with mash, minty mushy peas and gravy. We also have an equally delicious vegetarian pie

And if that's not enough to tempt you, see our board for today's equally great specials

*** Please let us know if you would like gluten free bread with your soup or salad**