

Coffee

Our own triple certified coffee beans: shade grown beneath the forest canopy to leave a vital home for nature

Decaffeinated coffee and milk alternatives available

Americano	(4)	£3.10
Latte	(119)	£3.50
Cappuccino	(119)	£3.50
Flat White	(89)	£3.50
Double Espresso	(4)	£3.00
Grumpy Mule Hot Chocolate	(164)	£3.50
Deluxe Hot Chocolate with mallows and cream	(383)	£4.25
Chai Latte, Vanilla or Spiced	(205)	£3.50
Mocha	(168)	£4.25

Upgrade to a large drink for 75p

Teapigs

Plant based tea temples

Morning Glory Everyday Brew	(3)	£2.70
Decaffeinated English Breakfast	(3)	£2.95
Darjeeling Earl Grey / Peppermint Leaves / Super Fruit / Lemon and Ginger / Green Tea	(3)	£2.95

Cold Drinks

Please see our chillers for flavours available

Frobishers Juices	£3.50
San Pellegrino Can	£2.50
Fentimans Bottles	£3.50
Zingi Bear Ginger Switchel Bottle	£3.95
Coca Cola Can	£2.20
Coke Zero / Diet Coke Can	£1.90
Cawston Press Can	£2.75
RSPB Reusable Water Bottle	£3.75

Leighton Moss is proud to support our local suppliers

- Burrow's butchers here in Silverdale – a fixture of village life for over 120 years.
- Our cow's milk is supplied by Woodbine dairy in large cardboard pergals to help us reduce plastic waste.
- Local free-range eggs are delivered by Billy at Warwick eggs, just around the bay in Morecambe – fresh from their own organic farm.
- Fresh fruit and vegetables are supplied daily by Dave at D&R Catering in Morecambe. A family run firm, supplying local, top quality fresh produce to our café for over a decade.
- Our new ice cream is sourced from Northern Bloc, who use fresh, natural ingredients to create delicious flavour combinations and have sustainability at the heart of everything they do. They believe ice cream is for everyone – why not try one of their tasty vegan options or even treat your four-legged friend to their own doggy ice cream.
- Our newest local supplier is Laurie – founder of Zingi Bear who produce their natural and organic ginger switchel drink in Kendal. Once drunk by thirsty farmers whilst cutting hay all day in the searing sun, it's the perfect sparkling thirst-quencher after a day on the reserve.



@RSPBLEightonMoss



@RSPBLEightonM



Leighton.moss@rspb.org.uk



www.rspb.org.uk/Leightonmoss



Follow us on social media for regular reserve updates.

We love to know how we're doing – please leave us a review on google or trip advisor.

The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654



Protecting habitats, saving species and helping to end the nature and climate emergency.

Nature is in crisis. Together we can save it.

Welcome to The Roost

at Leighton Moss



Sedge Warbler' cover pic taken by our site manager Jarrod Sneyd



Breakfast

Served 9.30am until 11.30am

Breakfast Baps

Burrow's Smoked Bacon	(363kcal)	£5.85
Burrow's Pork Sausage	(535kcal)	£5.85
Plant Based Sausage Bap (vg)	(531kcal)	£6.45
Free Range Fried Egg (v)	(387kcal)	£5.85

Other Breakfast Choices

Beans on Toast (vg)	(494kcal)	£5.75
Toasted Teacake (vg) with Butter or Flora	(305kcal)	£3.60
Two slices Toasted Bloomer (vg) with Butter or Flora	(546kcal)	£3.45

Add Ons / Extras

Burrow's Sausage	(140kcal)	£1.50
Burrow's Bacon	(54kcal)	£1.50
Cheddar (v)	(202kcal)	£1.50
Fried Egg (v)	(63kcal)	£1.25
Two Hash Browns (vg)	(95kcal)	£2.00

Food is freshly prepared to order, so there may be a wait during busy times.

Thank you for your patience.

Special Dietary Information

If you have a food allergy, intolerance, or coeliac disease – please speak to a member of staff about the ingredients in your food and drink before ordering

NGCI Bread and Vegan Cheese available on request
v – Vegetarian / vg – Vegan /
NGCI – Non-Gluten Containing Ingredients
Adults need around 2000kcal per day

Lunch

Served 11.45am until 3.30pm

Freshly Prepared Baguettes

Served with a seasonal salad

Houmous, Cucumber and Tomato (vg)	(750kcal)	£8.95
BLT – Bacon, Lettuce and Tomato Cheddar and Caramelised Onion Chutney (v)	(860kcal)	£9.25
	(650kcal)	£8.95
Ham and Dijon Mayonnaise	(640kcal)	£9.25
Egg Mayonnaise (v)	(540kcal)	£8.95

**Sliced Malted Bread available on request
Gluten Free Bread + 50p**

Summer Salads

*Seasonal Salads with a choice of House Dressing or
Raspberry Vinaigrette:*

Cheddar (v)	(654kcal)	£8.75
Ham	(374kcal)	£8.75
Houmous (vg)	(541kcal)	£8.50
Egg Mayonnaise (v)	(491kcal)	£8.50

Oven Baked Potatoes

Served with a seasonal salad

Cheddar (v)	(502kcal)	£8.95
Beans (vg)	(370kcal)	£8.95
Houmous (vg)	(444kcal)	£8.95
Homemade Mixed Bean Chilli (vg)	(330kcal)	£9.95

Add Cheddar for + £1.50

We appreciate your support

By eating in our café you are helping to fund vital RSPB conservation work here at Leighton Moss and across the UK.

Lunch

Served 11.45am until 3.30pm

Our Favourites

Leighton Rarebit (v)	(468kcal)	£8.00
Hot Cumberland Sausage and Caramelised Onion Chutney Bap	(578kcal)	£9.25

Homemade Soup of the Day (vg) served with malted baguette	(246-343kcal)	£5.95
Pork Sausage Roll with salad	(616kcal)	£6.50
Plant Based Sausage Roll with salad (vg)	(547kcal)	£6.75
Plant Based Vegetable Pasty with salad (vg)	(412kcal)	£6.95

Homemade Quiches

Served with a seasonal salad

Cheddar, Tomato and Red Onion (v)	(656kcal)	£8.50
Sausage, Bacon, Cheddar & Tomato	(763kcal)	£8.95

Sides

Mixed Olives (vg)	(203kcal)	£3.50
Seasonal Side Salad (vg)	(38kcal)	£1.95
Malted Half Baguette with Butter or Flora (vg)	(139kcal)	£1.50
Garlic Ciabatta (vg)	(409kcal)	£4.00

Fledglings Menu

Cheddar (v), Ham or Houmous (vg) Bap	(260-358kcal)	£3.20
Soup with Half Bap (vg)	(275kcal)	£3.00
Beans on Toast (vg)	(247kcal)	£3.50
Sausage, Hash Brown & Beans	(396kcal)	£5.50
Plant Based Sausage, Hash Brown and Beans (vg)	(392kcal)	£5.75

**Drinks cartons and a range of snacks are also
available in our chiller**