

Coffee

Our own triple certified coffee beans: shade grown beneath the forest canopy to leave a vital home for nature (Decaffeinated coffee available - exc. filter)

Filter coffee - served black (4kcal)	2.40
Americano - served black (4kcal)	2.60
Latte (119 kcals)	2.95
Cappuccino (119kcal)	2.95
Flat white (89kcal)	2.95
Double espresso (4kcal)	2.50
Grumpy Mule hot chocolate (164kcal)	3.10
Deluxe hot chocolate with mallows & cream (383kcal)	3.75
Chai latte - vanilla or spiced (205kcal)	2.95
Mocha (168kcal)	3.75
Babycino (115kcal)	2.20
Hot winter spiced berry cordial (18kcal)	2.55

Teapigs – Plant-based temples (3kcal)

Morning Glory everyday brew	2.55
Darjeeling Earl Grey / Lemon & Ginger	
Peppermint leaves / Super fruit / Green tea	2.75
Decaffeinated English breakfast	2.75

Cold drinks

Frobisher’s juice bottles

Apple / Orange / Bumbleberry	
Mango / Cranberry	3.25

San Pellegrino can

Aranciata Rossa/ Limonta / Aranciata	2.30
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Fentimans bottle

Dandelion & Burdock / Victorian Lemonade	
Sparkling Elderflower / Orange & Mandarin	2.80

Coca Cola can	2.20
Coke Zero / Diet Coke can	1.80

Cawston Press can

Cloudy Apple / Apple & Rhubarb / Elderflower Lemonade	2.50
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Water – Still or sparkling	1.80
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Leighton Moss is proud to support our local suppliers

- Burrow’s Butchers here in Silverdale – a fixture of village life for over 120 years.
- After decades of service our local milkman, Martin Humphries, has recently retired. Our cow’s milk is now supplied by Woodbine Dairy in large cardboard pergals to help us reduce plastic waste.
- Our fresh fruit & veg is supplied by Dave at D & R catering based nearby in Morecambe. A family-run firm, supplying local, top quality fresh produce to our café for over a decade.
- Ginger Bakers supply us with specialist cakes & slices from their kitchen in Kendal, on the edge of the Lake District National Park. Made using local & sustainable ingredients to help reduce food miles.
- Our ice cream is sourced from Lakes Ice Cream in Kendal who have been making their award winning, luxury ice creams for over 25 years.
- Our delicious pies are made by Noel Radford and his extraordinary family just around the Bay in Morecambe, using quality local ingredients.



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.

Food is freshly prepared to order; there may be a wait during busy times. Thank you for patience.

Front cover photo of Great Tit by Emma Smith. If you would like to see one of your images on the cover of our next seasonal menu, please email us at leighton.moss@rspb.org.uk for details.

The RSPB is a registered charity: England and Wales no. 207076, Scotland no. SC037654

Welcome to The Roost at RSPB Leighton Moss



# Breakfast

Served 9.30am until 11.30am

<b>Full English Breakfast</b> (707kcal)	9.25
Free-range egg, smoked bacon, Burrow's pork sausage, locally sourced tomato and mushrooms, beans, hash brown and brown toast	
<b>Vegetarian Breakfast</b> (668kcal) (v)	9.50
Free-range egg, plant-based sausage, locally sourced tomato and mushrooms, beans, hash browns and brown toast	
<b>Plant Based Breakfast</b> (603kcal) (Vg)	9.50
Plant-based sausage, locally sourced tomato and mushrooms, hash browns, baked beans and brown toast	

## Hot filled bap

- Burrow’s smoked bacon (309kcal)	5.25
- Burrow’s pork sausage (535kcal)	5.25
- Free range fried egg (387kcal) (v)	5.10
- Plant-based sausage (531kcal) (Vg)	5.75

<b>Sautéed `shrooms with a fried egg</b> (387kcal) (v)	8.25
Wild mushrooms and spinach sautéed in garlic & thyme, served on a toasted ciabatta topped with a fried egg	
<b>Beans on toast</b> (563kcal) (Vg)	5.00
<b>Toasted tea cake with butter or Flora</b> (305kcal) (v)	3.30

<b>Toasted bloomer x2 with butter or Flora</b> (311kcal) (Vg)	3.10
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## Extra items

Sausage / bacon / Cheddar	1.50
Beans / mushrooms / egg / tomato / hash brown	1.20
Selection of Tiptree jams	1.00

NGCI bread & Vegan cheese is available on request  
V = Vegetarian / Vg = Vegan / NGCI = Non gluten containing ingredients

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

# Lunch

Served 11.45am until 4pm

## Freshly prepared sandwiches

On malted bloomer, garnished with seasonal slaw and crisps	
- Cheese Savoury (782kcal) (V)	7.95
- Ham, rocket and wholegrain mustard (660kcal)	8.50
- Cheddar with Leighton chutney (922kcal) (V)	7.95
- Vegan cheese with Leighton chutney (922kcal) (Vg)	8.25
- Egg Mayonnaise (727kcal) (V)	7.95

## Oven-baked potatoes

served with seasonal slaw

1 filling 8.50 / 2 fillings 9.50 / 3 fillings 10.50

Choose from:	
- Beans (482kcal) (Vg)   Cheddar (713kcal) (v) Vegan cheese (495kcal) (Vg)   Houmous (547kcal) (Vg) Winter slaw (358kcal)   Smoked bacon (364kcal) (v) Cottage cheese & chive (415kcal) (v) Mixed bean chilli (462kcal) (Vg)	

## Grilled flatbreads

garnished with seasonal slaw and crisps	
- Houmous & Leighton chutney with rocket (542kcal) (Vg)	8.95
- Falafel, mango chutney, rocket & red onion (522kcal) (Vg)	8.95
- Pesto, mossarella, tomato & red onion (732kcal) (V)	8.95

## Hot sandwiches

garnished with seasonal slaw and crisps	
- Pork loin & apple bap (664kcal)	9.25
- Cumberland sausage & Leighton chutney bap (676kcal)	8.95
- Brie & cranberry ciabatta (755kcal) (V)	8.75
- Cheddar, ham & tomato chutney ciabatta (958kcal)	8.75

<b>Birder’s Brunch Bap</b>	9.50
- 2 sausages, smoked bacon, fried egg, mushrooms & tomato chutney served with a side of hash browns (806kcal)	

## Warming one-pot

See our specials board for today’s choice

# Lighter bites

<b>Homemade soup of the day</b> (256-343kcal) (Vg)	5.25
Served with malted baguette	
<b>Leighton Rarebit</b> (597kcal) (v)	7.75
Lancashire & Cheddar cheese with spring onion & spicy tomato drizzle, on a lightly toasted ciabatta. Served with seasonal slaw and crisps.	

<b>Sautéed `shrooms</b> (363kcal) (vg)	8.25
Wild mushrooms and spinach sautéed in garlic & thyme, served on a lightly toasted ciabatta with seasonal slaw and crisps.	

# Radford’s Pies

## Our famous tasty pies from just around the Bay

See our specials board for today’s flavours	
- Pie with mushy peas & gravy	9.00
- Pie with mash, mushy peas & gravy	10.50

Adults need around 2000 kcal per day

# Fledglings’ menu for little mouths...

<b>Sausage, hash brown &amp; beans</b> (396kcal)	5.00
<b>Plant-based sausage, hash brown &amp; beans</b> (254kcal) (Vg)	5.50
<b>Cheddar on toast with crisps</b> (508kcal)	4.00
<b>Fledglings’ picnic</b>	5.95
Half sandwich* with crisps Apple or satsuma 1 Kids’ snack 1 Apple or Orange juice carton	

\*choose from:  
Cheddar (358kcal) (V), Ham (260kcal) or Houmous (329kcal) (Vg)

**Please clear your table and use the racks provided.**  
**Thank you.**