



Allergy Advice and Dietary Information

1. We have listed the Allergens which **are contained** in our dishes. Please refer to the abbreviations listed below.
2. Please note we are usually able to adapt most dishes to suit your personal requirements
3. Gluten free bread is available

(Vg) Vegan

(V) Vegetarian

(D) Dairy – Milk, Eggs, Cream

(G) Gluten – Flour, Wheat, Biscuits, Bread

(F) Fish – Salmon, Haddock

(C) Crustaceans – Prawns

(M) Molluscs – Squid, Octopus, Mussels, Cockles

(Md) Mustard – English, Dijon mustards

(Ce) Celery

(N) Nuts – including peanuts

(SS) Sesame Seeds

(S) Salt

**Café Bowes use local ingredients
and suppliers**

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**If you have a food allergy, please
advise us**

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**We aim for
Total Customer Satisfaction**

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**Food at Café Bowes is prepared
and cooked from fresh to order so
please be patient**

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**Fresh is best at
Café Bowes**

Breakfast

Breakfast Menu served from 10.00 until Noon

Breakfast Rolls ~ Mix it up as you wish (D) (G) (N) (S)	£4.95
Choose from Cumberland Sausage, Bacon or Fried Free-Range Eggs	
Full English (D) (G) (N) (S)	£7.50
Bacon, Cumberland Sausage, Black Pudding, Tomato, Mushrooms, Fried Free-Range Egg, Baked Beans & Toast	
Eggs Anyway (D) (G) (N) (S)	£4.95
Scrambled, Poached or Fried Eggs served on Toast	
Eggs Benedict (D) (G) (N) (S)	£5.95
Poached Eggs & Ham on a Toasted English Muffin, topped with Hollandaise Sauce	
Eggs Royale (D) (G) (N) (S) (F) (S)	£5.95
Poached Eggs & Smoked Salmon on a Toasted English Muffin, topped with Hollandaise Sauce	
Classic French Toast with Maple Syrup (G) (D) (N) (S) (V)	£4.95
Vegan French Toast with Maple Syrup (G) (N) (S) (V) (Vg)	£4.95
Beans on Toast (G) (N) (S) (V) (Vg)	£3.95

Light Bites, Sandwiches & Salads

Served from Noon until 4.00

Soup of the Day (D) (G) (N) (V) (Vg)	£4.95
Homemade Soup of the Day with Mini Bread Roll	
Café Bowes King Prawn Cocktail (C) (Md) (N) (S) (D) (G)	£6.50
King Prawns with a Crisp Salad & Marie Rose Sauce	

Sandwiches **£5.95**

Served in Seeded Wholemeal Bread with a Honey & Mustard Dressed Salad Garnish and Crisps

Home-Cooked Yorkshire Ham & Pease Pudding (D) (G) (Md) (Ce) (N) (S)
Wensleydale Cheese with Rocket & Onion Relish (D) (G) (N) (S) (V)
Prawns Marie Rose & Baby Gem Lettuce Baguette (G) (D) (N) (S) (C)

Salads

Smoked Salmon with King Prawns (F) (D) (Md) (S)	£8.50
Served with Horseradish Cream & Lime Vinaigrette	
Goats Cheese Salad (D) (G) (S) (N) (V)	£7.95
With Pitta Breads & Hummus	
Café Bowes Platter (D) (G) (F) (C) (S) (Md) (N)	£10.95
Yorkshire Ham, Prawns, Smoked Salmon, Coleslaw, Salad, Wensleydale Cheese, Mature Cheddar, Relish, Olives, Pickle, Pickled Egg, Hummus, Bread & Crisps	

Lunch Menu

Served from Noon until 3.00

Fish

Cod Goujon Sandwich (F) (D) (G) (S) (N) £6.95

Crispy Battered Cod Goujons & Salad in a Soft Roll served with Tartar Sauce

Whitby Scampi (C) (G) (D) (N) (S) (Md) £9.95

Served with Chunky Chips, Peas & Tartar Sauce

Catch of the Day (F) (G) (S) (D) £10.95

Served with Chunky Chips & Peas

Café Bowes Chowder (D) (G) (F) (C) (M) (Ce) (N) (S) £10.95

Smoked Haddock, Leeks, New Potatoes, Prawns, Mussels, Pancetta, Flat Leaf Parsley & Crusty Bread

Meat

Steak, Onion & Cheese Sandwich with Onion Relish (D) (N) (G) (S) £8.50

Sirloin Steak Slices with Fried Onions Topped with Cheese & an Onion Relish, served in a Toasted Crusty Ciabatta with Side Salad & Coleslaw

Yorkshire Rarebit (D) (G) (Md) (N) £7.50

Bacon, Cheese, Slow Roast Tomato, Tomato Chutney & Side Salad

Gammon (8oz) & Eggs (S) (D) £10.95

Served with Chunky Chips and Grilled Tomatoes

Vegetarian

Sweet Potato, Chick Pea & Spinach Curry (N) (Md) (S) (V) (Vg) £10.95

Served with Pilau Rice

Tomato & Basil Pasta (G) (S) (D) (N) (V) £7.50

Served with Garlic Bread

Mushroom Stroganoff (D) (S) (G) (N) (V) £9.95

Served with Rice & Crusty Bread

Children's Menu Noon until 3.00

Ham or Cheese Sandwich (D) (G) (N) (S)

Crisps, Piece of Fruit & Glass of Squash £4.50

Sausage, Chips & Beans (G) (S) (D) £4.95

Tomato and Basil Pasta with Garlic Bread (G) (S) (D) £4.95

Café Bowes Afternoon Tea ~ Per Person £15.95

Served from 2.00 until 4.00 (D) (G) (F) (C) (M) (Md) (Ce) (N)

A Selection of Sandwiches, Fruit and Cheese Scones, Dainty Cakes, served with Premium Tea or Coffee with re-fill

Home Bakes & Lighter Options

Homemade Mature Cheddar Cheese Scone (D) (G) (Md) (N)	£2.50
Homemade Fruit Scone with Preserve (D) (G) (N)	£2.50
Cream Scone (D) (G) (N)	£2.75
Toasted Teacake (D) (G) (N)	£2.30
Biscuits	from £1.50
Cakes ~ a selection of cakes are available, please ask your server for details	from £3.50

Hot Drinks

Fairtrade Coffee

Cafetière for 1	£2.95
Cafetière for 2	£4.75
Americano	£2.20
Cappuccino	£2.75
Latte	£2.75
Espresso	£1.90
Double Espresso	£2.35
<i>All available decaffeinated</i>	
<i>Soya Milk available on request</i>	

Tea

Premium Tea	£2.20
Decaffeinated Tea	£2.40
Earl Grey	£2.40
Green Tea	£2.40
Peppermint Tea	£2.40
Fruit Tea	£2.40

Cadbury's Hot Chocolate

Hot Chocolate	£2.50
With Cream	£2.75
With Marshmallows	£2.75
With Cream & Marshmallows	£2.95

Soft Drinks

Mineral Water	£2.50
Still or Sparkling	

Traditionally Brewed Fentimans	£2.80
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Victorian Lemonade
Rose Lemonade
Seville Mandarin & Orange
Ginger Beer
Dandelion & Burdock
Wild English Elderflower

Coke/Diet Coke	£2.50
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Fairtrade Orange Juice	£2.50
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Fairtrade Apple Juice	£2.50
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Orange or Blackcurrant Squash	£1.00
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Alternative Alcoholic Beverages

Bottled Beer (500ml)	£4.25
Lager (330ml)	£3.75
Cider (568ml)	£4.25

Wine List

White Wine **175ml Bottle**
Touraine Sauvignon, 2013 **£4.75 £19.95**

Loire Valley, France

Fresh, classic green fruit style, notes of citrus & grapefruit.

Chardonnay, 2013 **£4.75 £19.95**

Domaine de Montmarin, Languedoc, France

No oak, just clean fresh apple characters & a hint of honeysuckle.

Rosé Wine **175ml Bottle**
Pinot Grigio, Sentito, 2014 **£4.75 £19.95**

Italy

Refreshingly soft, fruity rosé, great with food.

Red Wine **175ml Bottle**
Cabernet Sauvignon, 2012 **£4.75 £19.95**

Chile

Cherry & raspberry with a hint of pepper.

Chateau La Roca, 2012 **£4.75 £19.95**

Cotes du Roussillon, France

Luscious blend of Syrah & Grenache, mature red autumn fruits, subtle spice, with smooth long lingering finish.

Merlot, 2013 **£4.75 £19.95**

Domaine de Montmarin, Languedoc/Roussillon, France

Delightfully soft, mellow plummy fruits. Simple well balanced.

125ml is available for all the above **£3.25**

Sparkling Wine **Bottle**
Prosecco **£24.95**

Delfina, Italy, NV

Aromatic apples & a soft delicate mousse.

Champagne
Jacques Boncoeur Brut NV **£29.95**

Dry in style with classic apple and citrus fruit flavours. Clean & refreshing with persistent bubbles.