

Treats

Gluten free cookies and cakes from £2.00

Suzie's Scone with with jam and whipped cream £2.57

Banana split £3.70

Banana with 2 scoops of vanilla ice cream and cream, topped with strawberry and chocolate sauces and sprinkles

Ben's meringue £2.97

With strawberries and whipped cream, dusted with chocolate

Ice Cream

1 scoop in a cone or bowl £1.70

2 scoops in a cone or bowl £2.97

Ice Cream Sundaes £3.97

Drinks



Soya milk available for all hot drinks

Shakes

We are always creating new shake flavours, so suggest some others and we will give it a try!

Your favourite chocolate bar £3.30
(Twix, Oreo, Mars Bar, Bounty, Mint Aero, Snickers, Crunchie biscuit, Daim Bar, Nutella) with ice cream and milk

Strawberry or strawberry and banana £3.30

Coke float £3.30

Smoothies

Just pure fruit & ice £3.30
Banana, Strawberry or a mix of both

Frappes

Frappes £3.30

Slushes

Slushes £3.30

Cold Drinks

Glass of cool, cold milk £1

Glass of orange or apple juice £1.70

Cans of cold drinks £1.67
Coke, Diet Coke, Fanta

Sparkling and Still Water £1.50

Tea

Tea bags used for take out

Best selling brews from the Brew Tea Co.
All whole leaf tea that tastes miles better than the dust in those little paper tea bags.

English Breakfast £2.20

The nation's favourite, made with lovely Assam tea, a little bit of tea from Sri Lanka and some tea from China.

Earl Grey £2.20

The quintessential British cuppa. Rolled Sri Lankan tea and natural Italian Bergamot oil with a little bit of orange peel and some calendula petal.

Moroccan Mint £2.20

Very refreshing with a little bit of green tea along with the dried peppermint for an extra bit of razzmatazz.

Green tea £2.20

Large leaf Chinese green tea is really simple and delicate. A splash of cold water is added before its brewed to stop it turning bitter.

Fruit Punch £2.20

A blend of hibiscus, strawberry, orange, lemongrass and apple. A spoonful of sugar is nice too.

Chai Latte £2.20

For comfort, energy and a dash of happiness. Served with frothy hot milk.

Coffee

100% Arabica beans. Fabulous! Choose from skinny or full-on and also decaf

All large drinks +60p
Extra shot +50p
Add syrup +60p

Americano £2.00

Cappuccino £2.20

Espresso £1.60

Latte £2.20

Macchiato £1.70

Mocha £2.40

Hot Chocolate

Hot Chocolate Reg £2.40 Large £3.00

This is just fabulous. Made with Van Houten's 50% chocolate, this is the creamiest, most chocolatey hot choc that we have ever, ever tasted!

Deluxe Hot Chocolate Reg £2.90 Large £3.50

With whipped cream and the softest marshmallows

Gluten-Free breads, pancakes, American pancakes, cakes, cookies and scones available.

15% cadets, services and ex-services discount (on production of ID).

15% student discount (on production of ID).

Allergen information available - please ask our staff.

Follow us on:



EAT. DRINK. RELAX.



Please order at the counter. All items available to take away. Gluten-Free available.

Breakfast

Served all day. Gluten-Free available.

TIEC all the 2's Breakfast £4.97

2 poached eggs, 2 of Tom's sausages, 2 slices of grilled bacon and oodles of baked beans. 1 round of toast with your choice of preserves. Add an extra piece of toast for £1.

Veggie Breakfast £4.97

2 poached eggs, 2 veggie sausages, oodles of baked beans, roasted vegetables, 1 round of toast with your choice of preserves. Add an extra piece of toast for £1.

Skinny Breakfast £4.50

2 poached eggs, oodles of baked beans, 3 slices of grilled bacon (cut off your own fat!).

Pancakes

See our main Pancake menu for our other delicious options

Pancake and Tom's sausages £3.97

Pancake and maple syrup £3.97

Pancake with bacon £3.97

American Pancake with bacon and maple syrup £4.97

Scrambled eggs with a choice of toast £3.97

2 Poached eggs with choice of toast £3.97

Eggs Benedict £4.30

2 poached eggs served on a toasted bagel drizzled with hollandaise sauce... with ham £5.30 or smoked salmon £6.30

Elliot's eggy bread £3.97

2 pieces dusted with icing sugar

Bacon or Tom's sausages on toast £3.30

Bagels – see main Bagel menu for our delicious options

Toast £1.90

2 slices of toast. Selection of white or brown, with your choice of preserves

Porridge £2.10

with a choice of jam, syrup or honey

Extra portion of bacon, sausage, egg or baked beans +97p

Lunch

Interesting Salads

Poached chicken and strawberries with a balsamic glaze

Roasted vegetables

Roasted peppers, aubergines, onions, courgettes, tomatoes, olive oil and mixed herbs

TIEC Chicken Caesar salad

Chicken, croutons and Caesar dressing

Chicken and bacon salad

Chicken, bacon and balsamic glaze

Smoked salmon

Smoked salmon, cream cheese and balsamic glaze.

Alex's sunny tomato salad

2 boiled eggs, pine nuts, sultanas, onions, sun dried tomatoes, roasted peppers and garlic dressing

All served with seasonal salad £6.27

Create your own salad from the Pick and Mix selection at the counter:

2 salads £2.97

3 salads £3.97

Scrumptious Sandwiches

Made fresh to order. White, brown or Gluten Free bread served with a salad garnish and tortilla chips.

Chicken and mayonnaise £5.97

Coronation chicken £5.97

Houmous & roasted vegetables £5.97

Egg mayonnaise £5.97

Tuna with red onion, peppers, mayonnaise and melted Cheese £5.97

Pastrami £6.97

Tempting Toasties and Perfect Paninis

All our Paninis and Toasties are freshly made and served with tortilla chips and salad garnish. Gluten-Free bread available.

Paninis all at £5.97, Toasties all at £5.57

Ham and Cheddar cheese
Cheddar cheese and tomato
Cheddar cheese and onion
Chicken, Emmental cheese and pesto

Tuna and red onion melt
Roasted vegetable, pesto and Emmental
Meatballs and mozzarella cheese
Meatfeast - bacon, sausage and cheese

Cheese
Add a salad from the counter for a £1

Bagels

Bagel toasted and buttered served with choice of preserves £2.27

Bagel with cream cheese £3.37

Bagel with egg mayonnaise and onion £5.27

Bagel with smoked salmon, scrambled eggs, green pesto and pine nuts £6.30

Bagel with smoked salmon and cream cheese £5.47

Baked Potatoes

Just butter and served with a salad garnish £4.37

Baked Potatoes with a choice of filling and served with a salad garnish £5.37

Tuna and red onion

Grated cheese

Baked beans and cheese

Chicken and bacon

Coronation chicken

Soup

Soup of the day served with your choice of white, brown or Gluten Free bread. £4.97

Little Nibbles

Olives £2.27

Houmous and toast £2.97

Nachos with melted cheese £2.97



Pancakes and Waffles

Pancakes Savoury

Gluten-Free available made to order, not available during busy periods.
Savoury all at £6.30

Chicken and creamy mushroom
Ham and cheese
Cheese

Roasted vegetables and sun-dried tomatoes
Smoked salmon with rocket and cream cheese

American Pancakes, Waffles and Sweet Pancakes

Gluten-Free American and sweet pancakes available to order, not during busy periods.
Sweet ...add 50p for American Pancakes and Waffles

Simply lemon and sugar £3.30
Maple syrup £3.97
with your choice of ice cream £4.30
Peanut butter £4.97
Ella's Nutella £4.97
Nutella and banana £4.97
Natasha's strawberry and banana £4.97

Francesca's strawberry and balsamic glaze £4.97
Banana and toffee £4.97

Kids: decorate your own pancake! £3.97
Get creative with a selection of children's favourite toppings and sauce of your choice

American Pancakes with bacon and maple syrup £4.97

Children's Menu

One poached egg and soldiers £2.80

One slice of eggy bread £2.80

Half a sandwich £2.80

Ham, cheese, tuna, ham and cheese

Half a toastie £2.80

Ham, cheese, tuna, ham and cheese

Small pancake and sausage £2.80

Nachos £2.80

Houmous and toast £2.80

Banana on toast £2.80

Baked beans on toast £2.80

Babyccino 80p
frothy milk with a dusting of chocolate

Memories of Childhood

for kids of all ages! all at £2.80

Bring back those sweet memories with our sandwiches: banana and sugar, honey, strawberry jam, peanut butter or Nutella on your choice of fresh bread