

UPFRONT

Vegetarian Food
Served With Passion
Since 1997

Breakfast

(GF Rolls & Bread Available) Served until 11:30

Toast & Jam / Marmalade £2.65

Toasted Fruit Teacake £2.50

Scone £2.25

Cheese or Fruit (Add Jam & Cream 75p)

Breakfast Roll

- Fried Egg £3.50

- Vegetarian Sausage £4.00

- Fried Egg & Vegetarian Sausage £5.00

(Add Hashbrown 50p)

Beans on Toast £3.95

Scrambled Eggs on Toast £4.50

Creamy Garlic Mushrooms on Toast £4.50

Breakfast Omelette with Beans & Toast £7.50

Upfront Vegetarian Breakfast £8.95
Sausage, Beans, Creamy Garlic Mushrooms, Hashbrown, Tomato, Fried Egg, Toast

Lite Bites

(GF Rolls & Bread Available)

Soup of the Day with Multi Seeded Bread £4.95

Soup Combo £8.75
Select a Sandwich (Panini £1.50 extra)

Sandwiches £6.40

White or Multiseed Bloomer with Salad Garnish, Coleslaw & Crisps

- Cheddar, Tomato & Hawkshead Westmorland Chutney

- Egg Mayo & Watercress

- Hummus, Carrot & Apple

- Cream Cheese, Celery & Walnut £6.95

- Brie & Grape

- Wensleydale Cheese with Spicy Apricot & Cranberry Chutney

Toasted Panini of the Day £8.25

with Salad Garnish, Coleslaw & Crisps

Please see Specials Board or ask a member of staff

Croissant (served warm) £7.25

- Brie, Rocket & Cranberry

- Mozzarella, Tomato & Pesto

- Creamy Garlic Mushroom & Watercress

Salads

Served with dressing & multi seed bread (GF available)

Upfront Salad Platter £8.95

Mezze Plate £8.95

with Artichokes, Feta, Olives, Hummus & Flatbread

(V) - Vegan (GF) - Gluten Free

Main Meals

Served with a selection of freshly prepared salads

Jacket Potato £6.95

- Cheese & Beans

- Cheese & Hawkshead Westmorland Chutney

- Brie & Cranberry £8.50

- Roasted Vegetables & Hummus

- Stilton & Apple

3 Free Range Egg Omelette (GF) £8.60
served with Salad or Chips

Choice of 1 cheese:

Cheddar / Mozzarella / Goats Cheese

Choice of 3 fillings:

Mushrooms / Spinach, Red Onion /

Sun Dried Tomatoes / Peppers /

Fresh Tomatoes

Quiche of the Day £9.25
made with Local Free Range Eggs

Lebanese Flatbread Wrap £8.75
with Falafel, Halloumi, Hummus, & Sweet Chilli Sauce

Lentil Chilli (GF/V) £8.95
with Wild Rice or Jacket Potato

Mushroom Stroganoff (GF) £9.25
with Wild Rice or Jacket Potato

Mixed Bean Casserole (GF/V) £9.25
with Wild Rice or Jacket Potato

Sweet Potato, Spinach (GF/V) & Butterbean Curry £9.25
with Wild Rice, Naan Bread & Chutney

Unthank Farm Homity Pie £9.25
Since 1997
made with Cheese, Potato, Onion, Garlic, Parsley

Mushroom & Spinach Lasagne £9.50

Leek & Tomato Nut Roast £9.25

Kids Menu

Beans on Toast £3.95

Veggie Sausages £4.50
with Beans & Chips

Kids Meal Deal £5.00

- 1/2 Sandwich or Upfront Pizza Slice
Jam / Cheese / Peanut Butter

- Fruit & Vegetable Sticks

- Yoghurt

- Cartoon Juice (Orange or Apple)

Sides

Chunky Chips (GF) £2.60

Sweet Potato Fries (GF) £3.00

Halloumi Fries (GF) £4.20
with Sweet Chilli Sauce

Food Allergies and Intolerances

Please speak to our staff about any dietary requirements, allergies or ingredients.

Gluten and wheat free options are available, but we do not have a gluten/wheat free kitchen area.

Some salads may also contain wheat, so please ask.

Drinks

Coffee

Mr. Duffins Artisan Coffee
Roasted in the Lake District

Double Espresso	£2.25
Americano	£2.80
Flat White	£2.80
Cappuccino	£2.80
Latte	£2.80
Mochaccino	£2.95
	(Add Cream 30p)
Irish Coffee	£5.00

Cafetiere Coffee

- for 1	£2.80
- for 2	£5.00

Tea

English Breakfast	£2.20
Herbal & Speciality Tea	£2.60

Earl Grey / Green Tea / Chamomile
Rooibos / Peppermint Tea /
Lemon & Ginger / Berry

Hot Chocolate

Hot Chocolate	£2.75
Kokao Speciality Hot Chocolate	£3.40
	(Add Cream 30p)

Baileys Hot Chocolate with Cream	£5.00
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Soft Drinks

Elderflower or Apple Presse	£2.85
Fentimans (Produced in Hexham)	£2.85
	Lemonade / Cola / Orange Jigger / Ginger Beer
Cawston Press Can	£1.60
	Elderflower / Rhubarb
Orange / Apple Juice	£1.40
Still Spring Water	£1.90
Sparkling Spring Water	£1.90
Glass of Milk	£1.30
Milkshake	£2.90
	with Fruit Syrup, Milk & Italian Ice Cream Banana / Chocolate / Strawberry

Alcoholic Drinks

San Miguel 330ml	£3.00
Bottle of Cider 500ml	£3.80
Locally Brewed Blonde Ale 500ml	£3.90
Locally Brewed Lager 500ml	£3.90
Small Wine 187ml	£3.80
	Red / White / Rosé
Bottle of House Wine	£11.50
	Merlot / Pino / Sauvignon

Cakes

Cakes	£2.90 - £3.95
Traybakes (GF Available)	£2.25 - £2.95

Scone	£2.25
	Fruit or Cheese
	(Add Jam & Cream 75p)

Afternoon Tea	£16.99
	(per person)
Selection of Sandwiches, Mini Quiche, Special Cakes, Scones Jam & Clotted Cream, Lemon Posset, Tea & Coffee	
- 24 hours notice needed -	

Puddings

Served with cream, ice cream or custard
GF available extra 30p

Fruit Crumbles	£4.95
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- Pear & Chocolate
 - Apple & Sultana (V)
 - Apple & Blackcurrant (V)
 - Rhubarb & Raspberry (V)
 - Apricot, Honey & Coconut
- (Dairy Free Ice Cream available extra 30p)

Warm Chocolate Cake	£4.70
	- Served with Cream or Ice Cream

Sticky Toffee Pudding	£4.95
	(GF available)

Ice Cream Sundaes	
- Choc Nut	£4.95
	Chocolate Sauce, Salted Peanuts
- Lemon Meringue	£5.25
	Homemade Lemon Curd
- Eton Mess	£5.25
	Forest Fruits, Meringue
- Amaretto Espresso	£5.60
	Amaretto Liqueur, Amaretto Biscuits, Shot of Espresso
	(Dairy Free Ice Cream extra £1)

Sweet Pancake & Ice Cream	
- Forest Fruit	£4.70
- Maple Syrup	£4.30

English Lakes Ice Cream Tubs	£1.80
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Sorbet (2 scoops)	£2.60
	Lemon / Raspberry
	(Dairy Free Ice Cream extra 30p per scoop)

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tripadvisor



Open Tuesday to Sunday
10am - 4:30pm
(Closed Mondays except Bank Holidays)

WIFI Password: guest123
www.up-front.com