

Pelicans lunchtime menu

PASTAS

£7.50

These pasta dishes can be made with penne or spaghetti and are served with a salad. If you don't want your side salad, please let us know so that we don't waste food!

-Carbonara ** Bacon and cheese in a creamy sauce

-Ala Romana **

Bacon, onions, chillies, garlic, basil and tomato sauce

-Al Salmone Salmon in a creamy sauce

-Arrabiata ** A spicy tomato based pasta sauce

-Spaghetti Bolognese ** Mince meat in tomato sauce

** Half portions available charged at £4.95

SOUPS

£3.95

Home-made soup and a crusty roll.

See the board or ask for today's soups

QUICHE & SALAD

WW9 £5.95

Served hot or cold with salad, coleslaw and our own special dressing...

SPICY & HOT!

Served on a bed of rice

Chilli Con Carne

WW12 £7.95

Chicken Curry

£7.95

BAKED POTATOES

Baked not microwaved!! Served with salad.

With Beans

WW4 £4.95

Cheese & Coleslaw

£5.50

Cheese, Bacon & Coleslaw

£6.50

Fresh Mozzarella & Tomato

£5.95

Tuna Mayonnaise

£5.50

Tuna Mayo & Cheese

£5.95

Tuna & Melted Mozzarella

£6.50

Chilli Con Carne

WW7 £6.50

Chilli & Cheese

£6.95

Cheese & Bacon

£5.95

Cheese

£4.95

Prawn Marie Rose

£6.95

Smoked Salmon & Cream Cheese

£6.95

Beans & Cheese

£5.50

Sun-dried Tomato & Mozzarella

£5.95

SANDWICHES

Choose from ciabatta, French or granary baguette or doorstep white sliced or Senners Autumn harvest bread

Cheese or Ham (plain)

£3.50

Egg Mayonnaise

£3.95

Cheese Salad

£3.95

Avocado Salad

WW5 £4.95

Fresh Mozzarella & Tomato

WW5 £4.95

French Brie & Tomato

WW5 £4.95

Ham & Cheese

£4.95

Cheese & Coleslaw

£3.95

Ham Salad

WW3.5 £4.95

Salami, Tomato & Mozzarella

£4.95

Chicken Salad

£4.95

Chicken Mayonnaise

£4.95

Tuna Mayo & Cucumber

£4.50

Tricolour Mozzarella, Avocado & Tomato

£5.95

Prawn Marie Rose

WW5.5 £5.50

Prawns, Avocado & Marie Rose

£5.95

Smoked Salmon & Cream Cheese

£5.95

Coronation Chicken

£4.95

Chicken, Bacon & Avocado

£6.50

Bacon & Avocado

£4.95

B.L.T.

WW5 £4.95

Smoked Salmon & Scrambled Egg

£6.50

American Style Crispy Bacon

£5.50

Marinated streaky crispy bacon, lettuce, tomato & mayo

TOASTED SANDWICHES

Tuna, Tomato & Melted Mozzarella

£5.50

Melted Brie & Cranberry

£4.95

Sundried Tomato & Mozzarella

£4.95

Bacon, Melted Brie & Cranberry

£5.95

Bacon & Cheese

£5.50

Chicken & Brie

£5.50

Tuna Triangle

£5.50

Melted tuna mayo, cheese & onion on toasted sliced white or brown bread

CLUB SANDWICHES

'The Original'

£6.95

bacon, lettuce, tomato, chicken & scrambled egg

Seafood

£6.95

Prawns, marie rose, smoked salmon, tuna mayo & lettuce

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CROISSANTS

With Butter & Conserves	£1.60
Cheese	£2.95
Ham	£2.95
Bacon	£3.50
Ham & Cheese	£3.50
Tuna Mayo & Cucumber	£3.50
Scrambled Eggs	£3.50
Scrambled Eggs & Bacon	£4.50
Smoked Salmon & Scrambled Eggs	£4.95
Smoked Salmon & Cream Cheese	£4.95

SALADS

Avocado Salad	£6.95
Tuna Salad	£6.50
Ham Salad	£6.50
French Brie Salad	£6.25
Buffalo Mozzarella Salad	£6.25
Chicken Salad	WW3 £6.95
Prawn Salad	£6.95
Tricolour Salad <i>Avocado, Mozzarella & Tomato</i>	£6.95
Mixed Cheese Salad <i>Brie, Mozzarella & Cheddar</i>	£6.95
Fresh Seafood Salad	£7.50
<i>Smoked Salmon, Prawns & Tuna</i>	

PASTA SALADS

Pasta salads are made with penne pasta and fresh vegetables bound in mayonnaise

Chicken Pasta salad	£6.95
Tuna Pasta salad	£6.95

SIDE ORDERS

Garlic bread	£1.95
Herb Bread	£1.95
Cheesy Garlic bread	£2.95
Mixed Salad	£2.55
Green Salad	WW0 £2.40

CARB FREE CHOICES

(see WW points throughout menu for weightwatchers)

Bacon & Scrambled Eggs	£4.95
Scrambled Eggs, Cream Cheese & Smoked Salmon	£5.95
Scrambled Eggs on Ham	£4.50
Fresh Seafood Salad	£7.50
<i>Smoked Salmon, Prawns & Tuna</i>	
Chicken Mayo Salad	£5.90
<i>Served on a bed of lettuce & tomatoes</i>	