

Don't forget to check out our display cabinet for daily sandwiches, salads & sweet treats!

BREAKFAST

Served until noon
All eggs are free range. Gluten-free bread available, additional charges apply

CORE Cinnamon Porridge **V £4.75** (566 kcal)
ADD: honey + £1.50, banana + £1.50

Yogurt Granola With Fruit **V £6.65** (483 kcal)
Served with granola, banana and honey

Toast **£2.70 VG**
Choose from multi-grain, white bread or sourdough
ADD: Honey (97 kcal), Jam (67 kcal), Marmalade (75 kcal) or Peanut butter (154 kcal) + £1.20

Just Eggs With Toast **V £6.25**
Choose from: multigrain, white or sourdough
Choose from: 2 fried eggs (530 kcal), 2 poached eggs or scrambled eggs (530 kcal)

Smashed Avocado With Egg On Toast **V £9.95** (550 kcal)
Choose from scrambled, poached or fried
ADD: Feta (120 kcal), smoked salmon (130 kcal), halloumi (320 kcal) or turkey rashers (220 kcal) + £2.95

Sea On Land **£11.95** (660 kcal)
Oak smoked salmon, served with scrambled eggs on toasted sourdough and lemon wedge

Plain Cheese Omelette **V £7.95** (450 kcal)
ADD: Tomato, Red Onion & Chilli flakes +50p or Turkey Rashers +£2.95

Warm Canadian Pancakes **V £9.50** (650 kcal)
Served with seasonal fruit

JACKET POTATOES

Cheese & Beans **V £7.95** (900 kcal)
Baked potato served with cheese and beans

Tuna & Sweetcorn **£8.95** (948 kcal)
Baked potato served with tuna & sweetcorn with mayo

CORE SWISS COTTAGE

BURGERS

The Core Burger **£11.95** (1175 kcal)
Two 4oz smashed beef patties, topped with mayo, crispy onions & cheese served with fries



Grilled Chicken Burger **£11.95** (950 kcal)
Served with lettuce, mayo and fries

Buttermilk Chicken Burger **£11.95** (950 kcal)
Served with lettuce, mayo and fries

WRAPS

Grilled Chicken & Halloumi Wrap **£10.75** (800 kcal)
Grilled chicken and halloumi with sweet chilli sauce

Buttermilk Chicken Wrap **£9.50** (900 kcal)
Twice coated buttermilk chicken, with lettuce and mayo

Falafel With Tahini **VG £8.95** (550 kcal)
Falafel with tahini, red onion, lettuce and hot sauce (optional)

Special

Marinated Chicken **£12.95** (550 kcal)
Served with rice or chips and a side salad

SIDES/EXTRAS

French Fries **VG £3.90** (320 kcal)

Sweet Potato Fries **VG £4.95** (350 kcal)

Grilled Halloumi **V £5.20** (230 kcal)

Toasted Gluten-free Bread **V £1.50** (100 kcal)

Sweetcorn **VG £2.50** (86 kcal)

Peas **VG £2.50** (81 kcal)

Hummus Dip Served with Sourdough **VG £4.75** (166 kcal)

Mixed Leaf Salad **VG £4.50** (50 kcal)

Special

SOUP

OF THE DAY £6.60
(kcal vary)
Served with sourdough
*Please ask a member of staff

PIZZA

Margherita Pizza V £11.95
(500 kcal approx)
Stone baked sourdough

Vegetable Pizza V £13.00
(550 kcal approx)
Stone baked sourdough

KIDS MENU

FOR 12 YEARS AND YOUNGER ONLY

BREAKFAST

Egg On Toast **V £4.70** (253 kcal)
Choice of fried, scrambled or poached egg

Kids Cheese Omelette **V £6.95** (238 kcal)
Served with baked beans and toast

Fluffy Pancakes With Fruit **V £6.95** (450 kcal)
Served with seasonal fruit and maple styrup or honey

MAINS

Fish Fingers & Chips **£6.95** (183 kcal)

Cheesy Pasta **V £7.45** (350 kcal)

Grilled Chicken Meal **£7.45** (250 kcal)
Grilled chicken served with fries and garnish

Margarita pizza **V £6.45**(450 kcal)

Chicken Nuggets & Chips **£6.45** (281 kcal)

Cheese Toastie **V £4.95**

Cheese Burger & Chips **£7.45** (375 kcal)



CORE
SWISS COTTAGE

ESPRESSO BAR

ESPRESSO BAR		REG	LARGE
Espresso/Macchiato		£2.60	£3.00
Americano		£2.60	£3.00
Cappuccino		£3.90	£4.50
Latte		£3.90	£4.50
Mocha		£4.50	£4.90
Hot Chocolate		£4.10	£4.60
White Hot Chocolate		£3.80	£4.30
Chai Latte		£4.10	£4.60
Turmeric Latte		£4.00	£4.40
Matcha Latte		£4.00	£4.40
Flat white		£4.25	
Cortado		£4.25	
Babyccino		£1.20	
Alternative Milks			£0.50
Soya, Oat, Almond or Coconut			
Syrups			£0.60
Vanilla, Hazelnut, Caramel, Pistachio, Gingerbread			
Extra Coffee Shot			£0.65
Marshmallows			£0.50
Whipped Cream / Vanilla Ice Cream			£0.60

SOFT DRINKS

Still water / Sparkling	500ml £2.00	750ml £2.50
Fresh Orange Juice	250ml £3.50	450ml £4.90
Coke / Diet Coke	£1.90	
Fanta	£1.90	
Sprite	£1.90	
Sanpelligrino	£2.20	
Fentimans Victoria	£3.00	
Rose Lemomade	£3.00	

TEA ROOM

English breakfast Decaf tea	£3.00
Fresh Mint Tea	£3.75
Herbal Tea	£3.30
Earl Grey, Peppermint, Redbush, Camomile, Green tea, Red Berry Flower Infusion, Lemongrass and Ginger	

ICED COFFEE

Iced Americano	£3.00
Frappuccino	£4.95
Caramel, Hazelnut, Chocolate	
ILLY Cold Brew	£4.20
ILLY Crema	£4.25
Iced Mocha	£4.70
Iced Cappuccino	£4.25
Iced Latte	£4.25

ICED TEA

Classic Iced Tea	£3.60
Green Tea and Peach Infusions	£3.60
Redbush infusion	£3.60

MILKSHAKES

Made with fresh dairy ice cream	
Fresh Banana	£5.40
Vanilla	£5.25
Chocolate	£5.25
Strawberry	£5.25
Speciality Shakes	£5.95
Peanut butter, Oreo, Mars, Snickers or Bounty	
Extras:	
Protein Powder	One scoop £1.70
Omega Seeds	£1.50
Fresh banana	£1.50
Marshmallows	£0.50

SMOOTHIES £5.80

Blended with apple juice

BIG FIVE

Pineapple, Mango, Strawberry, Kiwi

PASH 'N' SHOOT

Mango, Pineapple & Passion fruit

BERRY GO ROUND

Strawberries, blackberries and raspberries.

Good for protection

CHERRY POPPINS

Strawberries, sour cherries, mango, banana, blackcurrants and raspberries. Good for defence

STRAWBERRY SPLIT

Strawberries, Banana. Good for energy

COCO LOCO

Mango, coconut, pineapple, mint and lime

WILD WILD ZEST

Mango, pineapple, spinach, apple, lemongrass puree.

Good for defence

KALE KICK

Mango, spinach and kale. Good for vitality

DETOX ZING

Banana, blueberry, carrot, courgette and ginger.

Good for Defence

PEANUT BUTTER & BANANA PROTEIN BOOST £5.80

Peanut butter, banana, vanilla protein powder and f lax seeds blended with milk of choice

SPINACH TO WIN IT

Spinach, pineapple, mango, broccoli, banana, cucumber Good for focus

AVO GO GO

Avocado, broccoli, spinach, mango, coconut, lime and ginger

CHALLENGE 25 IN OPERATION | PLEASE DRINK RESPONSIBLY

BEERS & WINES

Peroni £5.00 Corona £5.00

PROSECCO

House Prosecco - Glass £7.50 | Bottle £23.45

ROSE WINE

House Rose - Glass £7.80 | Bottle £26.80

WHITE WINE

Sauvignon Blanc - Glass £6.65 | Bottle £21.70 Pinot Grigio - Glass £7.65 | Bottle £23.45

RED WINE

Merlot - Glass £7.80 | Bottle £26.80 Shiraz - Glass £8.80 | Bottle £28.90

