



# Food Menu\*

## Breakfast (until 3pm)

### The Fidget & Bob Breakfast Wrap 4.00

#### Breakfast...in a wrap

- Sausage, Cheese, Hash Brown, Egg, Baked Beans
- Mushroom, Cheese, Hash Brown, Egg, Beans (V)

### Scrambled Eggs:

3 Free-Range Eggs & Toast (Seeded/White) 4.50 (V)

#### Add:

- Smoked Salmon 3.00
- Sausage 2.00
- Bacon 1.50
- Vegan Sausage 1.50
- Roasted Mushrooms 1.00 (V)
- Roasted Mushrooms & Spinach 2.00 (VG)
- Grilled Tomatoes 1.00 (VG)
- Hash Browns 1.00 (VG)
- Baked Beans 1.00 (V)

To keep things moving swiftly during busy periods, max 2 add-ons 11AM and 2PM.

### Hot Sandwiches (on Seeded or White)

- "The Hangover" – Sausage, Bacon & Egg 5.50
- Bacon (or Sausage) Sandwich 3.50
- Bacon & Fried Egg Sandwich 4.50
- Sausage & Fried Egg Sandwich 4.50
- Double Fried Egg Sandwich 3.50 (V)

### Buttered Toast 1.00

Add Jam, Marmalade, Peanut Butter, Marmite or Nutella +0.35ea (V)

### Freshly Pressed Raw Juice 2.80 (V)

Check the board or ask

### Freshly Baked Croissants 1.20 (V)

Baked fresh daily

### MOMA Porridge 1.80 (V)

Plain Porridge (V)  
 Apple & Cinnamon (VG)  
 Coconut & Chia (VG)  
 Almond Butter & Salted Caramel (VG)

### Brioche French Toast with:

Bacon & Maple Syrup 4.50  
 Fried Egg & Bacon 4.50  
 Double Fried Egg 4.00 (V)  
 Golden Syrup & Butter 3.00 (V)  
 Nutella or Peanut Butter (V)

## Sweet & Savoury Snacks

### Selection of Cakes (V) (Handmade in UK)

Carrot & Orange Cake; Sticky Toffee Pudding;  
 Lemon Drizzle; Blueberry Bakewell; Rocky Road;  
 Salted Caramel Brownie; Raspberry & Roses (VG)  
 Lemon & Apricot Polenta (GF) 2.20/2.40

### Tray Bakes Ltd. (V) (Handmade in UK)

All Butter Flapjack 1.60; Biscuit Tiffin 1.80

### Island Bakery Organic Biscuits (V) (Isle of Mull)

Shortbread 1.40 / Lemon Melt 1.50

### Mallow & Marsh (GF) (Handmade in UK)

Vanilla or Raspberry Bars 1.80 (Less than 150 cals)

### Flower & White (V) (GF) (Handmade in UK)

Raspberry Meringue Bar 1.80 (Less than 100 cals)

### Ice Cream

Jude's Truly Chocolate 2.50 (V)  
 Jude's Mango Sorbet 2.50 (VG)  
 Jude's Salted Caramel 2.80 (V)  
 Rainbow Lolly (100% Organic) 1.20 (VG)

### Savoury Snacks (Handmade in UK)

Burts Crisps (GF) 1.00  
 Broccoli Crisps (VG) (GF) 1.50  
 ManoMasa Tortilla Chips (GF) 1.20

Turn over for Sandwiches, Toasties & Paninis

V = Vegetarian VG = Vegan GF = Non-Gluten Containing Ingredients Please speak to staff if you have food allergies.

Eating and drinking together - the original social network. [www.FidgetAndBob.co.uk](http://www.FidgetAndBob.co.uk)

Opening Hours - Tues-Sat 0900-2130; Sun 0900-1800. Mon Closed.

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## Toasties & Sandwiches (on Seeded or White Bread)

### Cold Sandwiches (on seeded or white)

- Mature Cheddar Salad Sandwich 3.50 (V)
- Honey-Roast Ham Salad 4.00
- Corn-Fed Chicken Salad 4.20
- Tuna Mayo & Cucumber 4.20
- Smoked Salmon & Cream Cheese 4.50

### Special Sandwiches (on seeded or white)

- **BLT** – Bacon, Lettuce & Tomato 4.50
- **HLT** – Halloumi, Lettuce, Tomato 4.50 (V)
- **THE CLUB** – Corn-Fed Chicken, Bacon, Smoked Cheese, Lettuce & Tomato 6.00

### Toasted Paninis: (Gluten-free Panini +0.50)

- **Ham & Mustard**, Cheese, Onion & Tomatoes 4.30
- **Chicken, Ham & Mushroom** 4.50
- **Spicy Pepperoni**, Chilli Garlic Passata, Onion, Peppers & Cheese 4.50
- **Tuna Melt**: Tuna, Mayo, Cheese & Onion 4.50
- **Sweet Potato Pakora**: Hummus, Pumpkin & Sunflower Seeds, Spinach & Tomatoes 4.30 (VG)

### Toasties (on seeded or white)

- Ham & Mature Cheddar 3.50
- Cheese, Tomato & Onion 3.30 (V)

### Savoury Snacks (Handmade in UK)

- *Burts Crisps* (GF) 1.00
- *Broccoli Crisps* (VG) (GF) 1.50
- *ManoMasa Tortilla Chips* (GF) 1.20

### Selection of Cakes (V) (Handmade in UK)

- Carrot & Orange Cake; Sticky Toffee Pudding; Lemon Drizzle; Salted Caramel Brownie; Blueberry Bakewell; Rocky Road; Raspberry & Roses (VG) Lemon Polenta (GF) 2.20/2.40

### Tray Bakes Ltd. (V) (Handmade in UK)

- All Butter **Flapjack** 1.60; Biscuit **Tiffin** 1.80

### Island Bakery Organic Biscuits (V)

- Shortbread 1.40 / Lemon Melt 1.50

### Mallow & Marsh (GF) (Handmade in UK)

- **Vanilla** or **Raspberry** Mallow Bars 1.80

### Flower & White (V) (GF) (Handmade in UK)

- Raspberry Meringue Bar 1.80

## The Fidget & Bob Home-Made Fresh Soup Noodle Pot

Rice Noodles in Aromatic Soup with

- **BBQ Char Siu Pork** • **Won Ton Dumplings** •
- **Corn-Fed Chicken** • **Tofu & Veg (Vegan)** •

- **BBQ Char Siu Pork Pot**: BBQ Char Siu Pork, Rice Noodles, Pak Choi, Spring Onions, Chicken Soup, Sesame Oil 5.00
- **Won Ton Dumplings Pot**: Pork & Prawn Dumplings, Rice Noodles, Pak Choi, Spring Onions, Chicken Soup, Sesame Oil 5.00
- **Chilli Chicken Pot**: Corn-Fed Chicken, Rice Noodles, Bamboo Shoots, Spinach, Sweetcorn, Mushrooms, Fragrant Asian Soup, Chilli Garlic 5.00 (GF)
- **Veg & Tofu Pot**: Tofu, Rice Noodles, Pak Choi, Edamame Beans, Carrots, Chestnut Mushrooms, Spring Onions, Sesame Oil, Fragrant Asian Soup 4.90 (VG) (GF)

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# Food Menu\*

## Evening Menu – 6.00pm-8.30pm

### Nibbles:

- Honey-Glazed Chinese BBQ Chicken Wings 4.50
- Buttery Garlic Bread 2.50 (V)
- Nocellara Olives 2.50 (VG)
- Edamame Beans (with Salt or Chilli Flakes) 2.50 (VG)

### Pizza:

**The Fidget & Bob Flatbread Pizza** - Regular 8"/Large 10" (Gluten-Free Pizza Base Available)

- Tomato, Onion & Fresh Spinach 6.50/9.00 (V) (GF 8.50)
- Roasted Mushroom & Onion 6.50/9.00 (V) (GF 8.50)
- Tuna & Sweetcorn 6.50/9.00 (GF 8.50)
- Ham, Onion & Tomato 7.00/9.50 (GF 9.00)
- Double Pepperoni 7.00/9.50 (GF 9.00)

Add **Vegan Cheese (VG)**  
Regular +1.00;  
Large & Gluten-Free +2.00

**Check the Board for Evening Specials**

### Selection of Cakes (V)

Carrot Cake, Lemon Drizzle, Sticky Toffee Pudding 2.40  
Salted Caramel Brownie, Blueberry Bakewell, Rocky Road 2.20  
Lemon & Apricot Polenta (GF) 2.20  
Raspberry & Roses (VG) 2.20

### Biscuits & Bars

Mallow & Marsh (GF) Vanilla or Raspberry Mallow Bars 1.80 (less than 150 cals)  
Flower & White (V) (GF) Raspberry Meringue Bar 1.80 (less than 100 cals)  
Tray Bakes Ltd. (V) All Butter Flapjack 1.60; Biscuit Tiffin 1.80  
Island Bakery Organic Biscuits (Isle of Mull) (V) Shortbread 1.40 / Lemon Melt 1.50

### Ice Cream

Jude's Truly Chocolate 2.50 (V)  
Jude's Salted Caramel 2.80 (V)  
Jude's Mango Sorbet 2.50 (VG)  
Pip's Rainbow Lolly (100% Organic) 1.20 (VG)

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