



# Menu

*All our food is freshly prepared from locally sourced ingredients. We choose our suppliers carefully and believe in the quality of their products*

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Please ask if you have any specific dietary requirements and as much as possible we will accommodate you. Gluten free and vegan options are available.  
Nut and wheat allergy warning: we cannot guarantee any of the products made at The Crêpe Escape are nut free. Even if nuts are not on the list of ingredients there may still be a trace of nuts or nut oils in the product.

## BREAKFAST

<b>TOAST (v)</b> Two slices of white or brown bread with butter – add jam, peanut butter or Nutella for 50p	1.50	<b>AMERICAN STYLE PANCAKES</b> Smothered in maple syrup topped with one of following : Butchers streaky crispy bacon, Fresh mixed berries (v) or Banana and toasted nuts (v)	4.50
<b>TEACAKE (v)</b> Toasted teacake with butter – add jam for 50p	1.95	<b>EGGS BENEDICT GALETTE (GF)</b> A Breton crêpe made with buckwheat with local butchers smoked ham, free range egg and a hollandaise sauce	5.75
<b>FRENCH TOAST (v)</b> Two slices of white bread soaked in free range eggs and milk and cooked on the griddle	2.50	<b>EGG FLORENTINE GALETTE (v) (GF)</b> A Breton crêpe made with buckwheat with mature cheddar cheese, spinach, free range egg and hollandaise sauce	5.75
<b>BACON BAGUETTE</b> Local butchers thick cut back bacon in a fresh baguette	3.75	<b>EGGS &amp; BACON GALETTE (GF)</b> A Breton crêpe made with buckwheat with local butchers thick cut back bacon and free range eggs	5.75
<b>FRENCH TOAST WITH MAPLE SYRUP &amp; BLUEBERRIES (v)</b> Two slices of white bread soaked in free range eggs and milk cooked on the griddle topped with maple syrup and blueberries	3.95	<b>EGGS ROYALE GALETTE (GF)</b> A Breton crêpe made with buckwheat with smoked salmon, free range egg and hollandaise sauce	6.25

## SAVOURY

All savoury dishes are served with a freshly made salad garnish and a homemade coleslaw

### CRÊPES

A crêpe is a thin pancake made with wheat flour

**GALETTES (GF) are 50p extra**

A galette is a healthy savoury Breton brown crêpe made with buckwheat and is gluten free

<b>CHEESE (v)</b> Mature cheddar cheese melted on a crêpe or galette with one of the following... tomato, onion, spinach or egg For any additional extra it will be 50p per item	4.95	<b>BRIE &amp; CRANBERRY (v)</b> Brie and chunky cranberry sauce	5.95
<b>TOMATO, MOZZARELLA &amp; PESTO (v)</b> Melted mozzarella, fresh beef tomato and Sicilian pesto	4.95	<b>CHICKEN PESTO</b> Chicken breast and Sicilian pesto	5.95
<b>CHEESE &amp; HAM</b> Melted mature cheddar cheese with thick cut local butchers smoked ham	5.50	<b>BBQ CHICKEN &amp; BACON MELT</b> Melted mozzarella, chicken breast, butchers thick cut back bacon and BBQ sauce	6.95
<b>CHEESE &amp; BACON</b> Melted mature cheddar cheese with thick cut local butchers back bacon	5.50	<b>AVOCADO, TOMATO &amp; CHICKEN</b> Fresh avocado, chicken breast and beef tomato served with a balsamic glaze	6.95
<b>HAM &amp; EGG</b> Thick cut local butchers smoked ham and free range egg	5.50	<b>SPINACH, WALNUTS, APPLE &amp; GOATS CHEESE (v)</b> Fresh baby spinach leaves, chopped walnuts, chunky apple sauce and crumbled goats cheese	6.95
<b>TUNA MELT</b> Melted mature cheddar cheese, tuna mayonnaise and red onion	5.95	<b>SMOKED SALMON, CREAM CHEESE &amp; CHIVES</b> Fresh smoked salmon with cream cheese and a sprinkling of chopped chives	6.95
<b>GARLIC MUSHROOMS (v)</b> Sautéed mushrooms in olive oil and garlic	4.50	<b>CHICKEN, MUSHROOM &amp; SPINACH</b> Chicken breast, sautéed mushrooms and fresh baby leaf spinach in a creamy garlic sauce	6.95
<b>GARLIC MUSHROOMS WITH SPINACH &amp; CHEESE (v)</b> Sautéed garlic mushrooms with melted cheddar cheese and fresh baby leaf spinach	5.50	<b>HAM, MOZZARELLA &amp; TOMATO</b> Melted mozzarella, thick cut butchers smoked ham and tomato	5.95
<b>HAM, MOZZARELLA &amp; TOMATO</b> Melted mozzarella, thick cut butchers smoked ham and tomato	5.95	<b>PARMA HAM, BLACK OLIVES, SUNDRIED TOMATO, MOZZARELLA &amp; PESTO</b> Ripped pieces of parma ham, chopped black olives, sundried tomatoes, melted mozzarella and pesto	6.95
<b>ROASTED PEPPERS, JALAPENOS, MATURE CHEDDAR &amp; SALSA (v)</b> Peppers roasted in garlic oil with chopped jalapenos, melted mature cheddar and a fresh salsa	5.50	<b>GOATS CHEESE, RED ONION CHUTNEY, SPINACH &amp; WALNUTS (v)</b> Crumbled goats cheese with a red onion chutney, fresh baby leaf spinach and chopped walnuts	6.95
		<b>CAJUN CHICKEN, JALAPENOS, MATURE CHEDDAR &amp; SALSA</b> Cajun spiced chicken breast, chopped jalapenos, melted mature cheddar cheese and a fresh salsa	6.95

## SWEET CRÊPES OR BELGIAN WAFFLES

WAFFLES are an extra 50p

### The Classic

<b>HONEY, TOASTED NUTS &amp; GREEK YOGURT</b> Sticky honey with mixed nuts toasted and a side of greek yogurt	4.50	<b>BUTTER-SUGAR CRÊPE</b> Smothered in butter and sugar	3.80
<b>MAPLE SYRUP</b> Simply smothered in maple syrup	3.80	<b>LEMON SUGAR</b> Lemon juice and sugar served with a wedge of lemon	3.80
<b>NUTELLA</b> Simply smothered in chocolate and hazelnut spread	4.00		

### The Luxury

Served with cream & vanilla ice cream

<b>NUTELLA &amp; BANANA</b> Chocolate and hazelnut spread with a whole chopped banana	4.50	<b>BANANA, BELGIAN MILK CHOCOLATE &amp; CRUSHED BISCUITS</b> Chopped banana smothered in a Belgian milk chocolate sauce topped with crushed biscuits	5.50
<b>NUTELLA, BANANA &amp; PEANUT BUTTER</b> Chocolate and hazelnut spread, sticky peanut butter and a whole chopped banana	5.95	<b>APPLE CRUMBLE</b> Caramelised apples in a toffee sauce with crushed biscuits	5.50
<b>NUTELLA &amp; STRAWBERRY</b> Chocolate and hazelnut spread with fresh strawberries	5.95	<b>CARAMELISED APPLES IN A TOFFEE SAUCE</b> Fresh apples caramelised and served in a sweet toffee sauce.	5.50
<b>STRAWBERRIES &amp; BELGIAN CHOCOLATE</b> Belgian milk chocolate or white chocolate sauce with fresh chopped strawberries	5.25	<b>S'MORES</b> Biscoff spread, gooey marshmallows and crushed biscuits topped with Belgian milk chocolate sauce	5.50
<b>STRAWBERRIES, BANANA &amp; BELGIAN CHOCOLATE</b> Belgian milk chocolate or white chocolate sauce with fresh chopped strawberries and banana	5.95	<b>MIXED BERRIES, STRAWBERRY &amp; RASPBERRY COULIS</b> Selection of fresh mixed berries covered in a strawberry and raspberry coulis	6.25
<b>RASPBERRIES &amp; BELGIAN WHITE CHOCOLATE</b> Sweet Belgian white chocolate sauce with sweet fresh raspberries.	5.50	<b>MARSHMALLOWS &amp; CHOCOLATE SAUCE</b> Gooey marshmallows with chocolate sauce. Choose from Nutella, Belgian white chocolate or Belgian milk chocolate	4.50
<b>BANANA &amp; TOFFEE SAUCE</b> Whole chopped banana in a sticky toffee sauce	4.95		

## WAFFLE LOLLIPOPS

<b>WAFFLE LOLLIPOPS</b> Light and fluffy Belgian waffles on a stick served with a choice of two toppings	3.95	<b>TOPPINGS:</b> Choose from popcorn, mixed nuts, marshmallows, sprinkles, toffee sauce, salted caramel, Belgian milk chocolate, Belgian white chocolate or Nutella
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## GELATO ICE CREAM

Our gelato is a Great Taste Award-winning artisan gelato ice cream using a traditional Italian recipe with carefully chosen ingredients. The gelato is made using the best seasonal ingredients to create unique flavours of gelati and sorbets. The gelato is 100% natural and free of any additives and preservatives and is packed with flavour and low in fat. See our boards for the delightful flavours that we have.

<b>BABY</b>	1.75
<b>SMALL ONE SCOOP</b>	2.80
<b>MEDIUM TWO SCOOPS</b>	3.80
<b>LARGE THREE SCOOPS</b>	4.80

(v) suitable for vegetarians (GF) gluten free

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## SALADS

If you would like to create your own salad using the ingredients that we have on our menu please just ask.

### MUSHROOM & AVOCADO (v)

Sautéed garlic mushrooms and fresh avocado served on a fresh mixed leaf salad, served with a balsamic dressing

7.25

### PALMA HAM, BLACK OLIVES, SUNDRIED TOMATO, MOZZARELLA & PESTO

Ripped pieces of Parma ham, chopped black olives, sundried tomatoes and Sicilian pesto, served on a fresh mixed leaf salad

8.00

### CHICKEN BACON & AVOCADO

Chicken breast, butchers thick cut back bacon and fresh avocado served on a fresh mixed leaf salad, served with a balsamic dressing

8.00

### GOATS CHEESE, RED ONION CHUTNEY, SPINACH & CHOPPED WALNUTS (v)

Crumbled goats cheese, fresh baby leaf spinach, mixed leaves and chopped walnuts, served with a red onion chutney

8.00

## CIABATTA / BAGUETTE / SANDWICH

Served on a toasted Ciabatta, fresh baguette, fresh white bread or brown bread

### CHEESE (v)

Mature cheddar cheese

4.00

### SMOKED SALMON, CREAM CHEESE & CHIVES

Fresh smoked salmon and mascarpone cheese with a sprinkling of chives

6.95

### HAM

Local butchers thick cut smoked ham

4.50

### CHICKEN & PESTO

Chicken breast and Sicilian pesto

5.95

### CHEESE & HAM

Local butchers thick cut smoked ham and mature cheddar cheese

5.50

### TOMATO, MOZZARELLA & PESTO (v)

Mozzarella, fresh beef tomato and Sicilian pesto

4.95

### CHEESE & BACON

Local butchers thick cut back bacon and mature cheddar cheese

5.50

### TUNA MELT

Mature cheddar cheese, red onion and tuna mayonnaise

5.95

### SOUP OF THE DAY 4.50

with a baguette and butter

Please ask for today's options. Subject to availability

### THE YORKSHIRE PUDDING WRAP 6.95

Available on Sundays only

Locally sourced selection of meat with homemade mash potato, a selection of vegetables, stuffing and gravy all wrapped in a homemade yorkshire pudding

Vegetarian and gluten free option available.

Add roast potatoes for an extra £1

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## HOT DRINKS

ESPRESSO	1.80
DOUBLE ESPRESSO	2.00
MACCHIATO	2.00
CAPPUCCINO	2.55
LATTÉ	2.55
FLAT WHITE	2.35
AMERICANO	2.35
MOCHA COFFEE	2.45
HOT CHOCOLATE	2.75
LUXURY HOT CHOCOLATE	3.00
Served with cream, marshmallows and dusted with chocolate	
LOADED HOT CHOCOLATE	4.50
The crazily decadent hot chocolate. A regular hot chocolate piled high with a towering stack of sweet treats.	
Please ask a member of staff or see the specials board for our loaded hot chocolate flavours.	
BABYCINO	0.70
BABY HOT CHOCOLATE	0.90

### SPECIALITY TEA POT 2.15

Choose from the following selection of speciality tea :

Breakfast  
Decaf  
Earl Grey  
Darjeeling  
Peppermint  
Chamomile Flowers  
Green  
Lemon and Ginger  
Red Berry and Hibiscus

Please see our boards or ask a member of staff for seasonal and guest teas and coffees



## COLD DRINKS

STILL MINERAL WATER	1.50
SPARKLING MINERAL WATER	1.50
COKE	2.00
DIET COKE	2.00
FANTA	2.00
SPRITE	2.00
J20	2.00
APPLETISER	2.00
APPLETISER & POMEGRANATE	2.00
SAN PELLEGRINO ARANCIATA / LIMONATA	2.00
ORANGE JUICE (Small / Large)	1.00 / 2.25
APPLE JUICE (Small / Large)	1.00 / 2.25
ELDERFLOWER WATER	2.50
FRUIT SHOOT	1.00

## MILK SHAKES

### MILK SHAKE

Small 2.50 / Regular 3.75

Select any gelato ice cream flavour from our boards for a delicious thick shake

### FREAK SHAKES 5.95

Please see our boards for the 'Freaks of the Week'

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