



BREAKFAST BAP © Available all day	£3.75
Choose from back bacon, farmhouse sausage or meat	
free sausage in choice of white, brown or gluten free roll.	
BREAKFAST COMBO Available until 12pm	£4.75
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Choose one of our breakfast baps with americano coffee or pot of tea.

Freshly

HOMEMADE SCONES

CHEESE, FRUIT, OR CHERRY	£2.35
ADD JAM AND CLOTTED CREAM	£1.00
TOASTED TEA CAKE	£2.50
Served with butter or low fat spread.	

SELECTION OF CAKES, FLAPJACKS AND TRAY BAKES

Ask Staff for today's selection.

Cold SANDWICHES

ALL SERVED WITH FRESH SIDE SALAD CHOOSE BETWEEN WHITE, WHOLEMEAL, GLUTEN FREE BREAD OR TORTILLA WRAP

ADD FRIES OR TRADITIONAL CHIPS TO ANY SANDWICH FOR JUST	£1.50
MATURE CHEDDAR & CHUTNEY* •	£5.50
TUNA AND CUCUMBER * Tuna in light mayonnaise with sliced cucumber.	£5.50
ROAST HAM AND TOMATO* Roast ham with vine tomatoes.	£5.75
EGG MAYONNAISE* ♥	£5.50
SMOKED SALMON & CREAM CHEESE	£6.50
PRAWN MAYONNAISE	£6.50

HOTSANDWICHES

ALL SERVED WITH FRESH SIDE SALAD

ADD FRIES OR TRADITIONAL CHIPS TO ANY	
SANDWICH FOR JUST	£1.50
HAM AND CHEDDAR PANINI	£7.50
THE DC CLUB SANDWICH	£7.50
SPICY CHICKEN FAJITA WRAP	£7.50
FISH FINGER SANDWICH	£7.00
TUNA MELT BAGUETTE Tuna in light mayonnaise with melted mature cheddar.	£7.50
PHILLY CHEESESTEAK	£7.50

LEAVES & GRAINS

WHY NOT ASK FOR DRESSING SEPARATE TO HELP MAKE YOUR SALAD EVEN HEALTHIER.

GREEK HOUMOUS (VE)	£7.50
Flat bread, roast beetroot, olives, fresh salad	

and balsamic glaze.

ADD SLICED CHICKEN BREAST £2.50

SMOKED SALMON SALAD £8.95

Flaked smoked salmon, beetroot, mixed leaves, croutons and citrus dressing.

CHICKEN CAESAR SALAD £8.50

Chicken breast, caesar dressing, croutons, shaved parmesan cheese.

OVEN BAKED Jacket Potatoes

O (montost 72) 1 25/21 (m) 25/24 (75)	
ALL SERVED WITH FRESH SIDE SALAD	
CHEDDAR CHEESE ©	0
PRAWN MAYO£7.5	0
BAKED BEANS ♥	0
BEEF CHILLI £7.5	0
FIVE BEAN CHILLI (VE)£7.5	0
TUNA MAYO £7.0	0
ADD CHEDDAR CHEESE £1.0	0

SIDES

SKINNY FRIES	£3.25
TRADITIONAL CHIPS	£3.25
CURLY FRIES	£3.25
MIXED HOUSE SALAD	£2.75
GARLIC BREAD	£3.00
CRUSTY BREAD ROLL	. £1.00
ONION RINGS	£3.00

Children's



ALL CHILDREN'S MEALS COME WITH CHOICE OF FRIES, MASH OR VEGETABLE STICKS AND PEAS OR BEANS

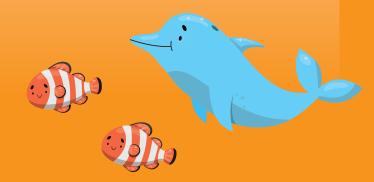
HOT DOG	£6.00
CRISPY CHICKEN CHUNKS	£6.00
CHEESE & TOMATO PIZZA SLICE	£6.00
BATTERED COD	£6.50
CRISPY BREADCRUMBED FISH FINGERS	£6.00
GRILLED PORK OR MEAT FREE SAUSAGES	£6.00
PICNIC PLATTER Choose from egg mayonnaise, cheese, ham or tuna	

sandwich with fresh fruit, veg sticks and a cookie.

Liffle Dolphins

PERFECT FOR THOSE UNDER THREE

BABY MASH, VEG AND GRAVY	£3.00
CHEESY MASH AND REANS	£3 00



Something after

FRESH FRUIT SALAD (VE)	£4.00
Refreshing mix of melon, strawberries, grapes	
and nineannle	

VANILLA ICE CREAM	£3.00	
With chocolate sauce and flake.		

SELECTION OF ICE CREAM£5.00

Three scoops of ice cream with chocolate flake. Choose from strawberry, chocolate and vanilla ice cream.

SELECTION OF CAKES, FLAPJACKS AND TRAY BAKES

Ask Staff for today's selection.



ALLERGENS AND INTOLERANCES

Our allergen guide is available upon request which provides the major 14 allergens present in each dish. We cannot guarantee that there are no trace allergens, this is because we prepare all food in a kitchen where allergens are present. Please make staff aware of any allergies or intolerances when placing orders.

• Suitable for vegetarians or vegetarian option available.

(VG) Suitable for vegans

Please place your order at the counter. Prices includes VAT.
All dishes listed are subject to availability.





Term Time Sessions

Parent and Toddler

Monday to Friday, 10-11.30am

One hour in soft play area.

15 minutes snack time - juice and complimentary healthy snack for child.

15 minutes of interactive songs.

Active Afternoons

Monday to Friday, 1-3pm

90 minutes in soft play area.

Juice and a healthy snack.

Captain's Tea Time

Monday to Friday, 4-5.30pm

Join our shipmates for our tea time special:

90 minutes in soft play area.

A themed pirate box meal.

01325 406000 www.healthydarlington.co.uk Casual admission available throughout opening times. Weekends and School Holidays are casual admission only.