

**PLEASE REMEMBER TO STATE  
YOUR TABLE NUMBER WHEN ORDERING**  
LAST ORDERS FOR FOOD: 5:15PM

**rainbow**

SOFT PLAY & CAFE

**TAKE AWAY AVAILABLE!**

Please order at the till, make staff aware if you have any food allergies or if you would like to know more about our ingredients.  
Want to switch to Halal? Just ask a member of staff.

## BREAKFAST

<b>Rainbow Tower (v)</b>	<b>13.55</b>
Toasted sourdough with smashed avocado, sun-dried tomatoes, mushrooms, scrambled eggs & feta cheese, served with a mixed salad.	
<b>The Brunch</b>	<b>14.6</b>
Egg, bacon, Cumberland sausage, cherry tomatoes, mushroom, hash brown, beans & toast (Halal option available)	
<b>Anatolian</b>	<b>14.6</b>
Egg, spicy beef sausage, halloumi, feta cheese, olives, cherry tomatoes, cucumber, mushroom, jam, honey & toast	
<b>Shakshuka Egg (v)</b>	<b>12.5</b>
Middle Eastern eggs, tomatoes, peppers, feta cheese, served with toasted sourdough	
<b>Vegan Breakfast (vg)</b>	<b>13.55</b>
Hash brown, veggie sausage, mushroom, cherry tomatoes, baby spinach, avocado, asparagus, beans & toast with vegan butter	
<b>The Veggie (v)</b>	<b>14.6</b>
Egg, halloumi, veggie sausage, avocado, baby spinach, asparagus, mushroom, beans & toast	
<b>Smashed Avocado &amp; Eggs</b>	<b>13.55</b>
Toasted sourdough topped with smashed avocado with choice of smoked salmon or bacon & poached eggs served with a mixed side salad & crisps	
<b>Eggs Benedict</b>	<b>11.45</b>
Toasted English muffin with bacon or ham topped with poached eggs & hollandaise sauce served with a mixed side salad & crisps	
<b>Eggs Florentine (v)</b>	<b>11.45</b>
Toasted English muffin with spinach topped with poached eggs & hollandaise sauce served with a mixed side salad & crisps	
<b>Eggs Royal</b>	<b>12.5</b>
Toasted English muffin with smoked salmon topped with poached eggs & hollandaise sauce served with a mixed side salad & crisps	
<b>American Pancake Stack</b>	<b>14.6</b>
2 pancakes, mixed berries, fried free range egg, bacon, Cumberland sausage, banana, maple syrup and hash brown	

## OMELETTES

All our omelettes are served with a mixed side salad

<b>Plain Omelette (v)</b> (3 free range eggs)	<b>9.5</b>
<b>Additional Toppings</b>	<b>1.5</b>
Bacon, mushroom, onion, ham, cheese, smoked salmon, beef sausage, Cumberland sausage, tomato, halloumi, spinach, peppers	

## TOASTIES

All served with mixed side salad & crisps  
Choice of bread: sourdough, brown, panini & ciabatta

<b>BLCT Club</b>	<b>12.5</b>
Bacon, lettuce, cheese & tomato in 3 layers of toasted white bread	
<b>Tuna &amp; Cheese Melt</b>	<b>12.5</b>
Dolphin-friendly tuna with mayonnaise & red onions	
<b>Meaty Club</b>	<b>14.6</b>
Grilled chicken breast with bacon, lettuce, tomatoes and cheese all in toasted white bread	
<b>Chicken &amp; Avocado Wrap (h)</b>	<b>14.6</b>
Sliced chicken fillet with mixed leaves, avocado & mayonnaise wrapped in a toasted tortilla	
<b>Veggie Ciabatta</b>	<b>11.45</b>
Mixed grilled peppers, sun-dried tomatoes, mozzarella & pesto	
<b>Cheese &amp; Tomato Toastie</b>	<b>9.5</b>
served in white bread	
<b>Southside</b>	<b>11.45</b>
Turkey-ham, cheese, tomato, lettuce & mayonnaise	
<b>Ham &amp; Cheese Toastie</b>	<b>11.45</b>
served in white bread	

## PASTA

All of our pastas are gluten free  
Add Parmesan to any pasta on request

<b>Penne Arrabbiata (vg)</b>	<b>12.5</b>
Penne pasta with rich tomato & basil sauce with chilli flakes	
<b>Creamy Penne Chicken Pesto (h)</b>	<b>14.6</b>
Penne pasta and grilled chicken with pesto sauce, olive oil, salt & pepper	
<b>Creamy Penne Pasta Chicken (h)</b>	<b>14.6</b>
Chicken & mushrooms in a creamy sauce, with salt & pepper	
<b>Vegan Penne Pasta (vg)</b>	<b>13.55</b>
Roast peppers, cherry tomatoes, asparagus, mushrooms with a tomato & basil sauce	

## CHICKEN

<b>Pollo Chicken (h)</b>	<b>16.3</b>
Chicken breast in a creamy mushroom sauce, served with asparagus, cherry tomatoes and curly fries	

## BURGERS

All served in a warm brioche bun with french fries

<b>Burger Classic</b>	<b>14.6</b>
100% Scottish 8oz beef patty with melted cheese, lettuce, grilled onion, tomato & gherkin	
<b>Rainbow Burger</b>	<b>15.65</b>
100% Scottish 8oz beef patty with melted cheese, bacon, lettuce, grilled onion, tomato & gherkin	
<b>The Cheesy Chick (h)</b>	<b>14.6</b>
Marinated grilled chicken fillet with lettuce, tomato, grilled onion & melted cheese	
<b>Vegan Burger (vg)</b>	<b>13.55</b>
A delicious meat-free patty bursting with juicy flavour with lettuce, tomato, grilled onion, vegan mayo and served in a vegan bun	

## SALADS

<b>Smoke Salmon and Artichoke</b>	<b>14.6</b>
Smoke salmon, grilled artichoke, mixed leaves, avocado, cherry tomatoes, onion, drizzled with a balsamic dressing	
<b>Rainbow Vegan Salad (vg)</b>	<b>13.55</b>
Green lentils, artichoke, mixed leaves, cherry tomatoes, avocado, drizzled with a balsamic house dressing	
<b>Goat Cheese Salad</b>	<b>13.55</b>
Mixed leaves, sun-dried tomatoes, roasted peppers, cucumber, pomegranate, walnuts, goat cheese and poached pear drizzled with a pesto dressing	
<b>Lentil &amp; Halloumi</b>	<b>13.55</b>
Mixed leaves with green lentils, grilled halloumi, cherry tomatoes & avocado with balsamic house dressing	
<b>Classic Chicken Caesar (h)</b>	<b>14.6</b>
Grilled chicken fillet, baby gem lettuce, croutons, Parmesan & classic Caesar dressing	

## SOMETHING SWEET

<b>Pancakes</b>	<b>11.45</b>
3 layers of pancakes served with fresh berries, banana, icing sugar & maple syrup or honey	
<b>Pancakes Nutella</b>	<b>12.5</b>
3 layers of pancakes served with fresh berries, banana, nutella & icing sugar	
<b>French Toast</b>	<b>13.55</b>
Toasted brioche bread with fresh berries, banana, icing sugar, & maple syrup or honey	
<b>Granola</b>	<b>10.39</b>
Served with Greek yoghurt, fresh berries, banana & honey	
<b>Porridge</b>	<b>10.39</b>
Organic oats, served with fresh berries, banana & maple syrup or honey. Choose between semi skimmed, full fat, oat, soya, almond or coconut milk.	
<b>Extras</b> Nutella; £1, Maple Syrup £1, Honey 55p, Jam (2 sachets) 55p, Butter (2 sachets) 55p	

## SIDES

<b>Fries</b>	<b>4.1</b>
<b>Curly Fries</b>	<b>4.1</b>
<b>Fried Egg (1 Egg)</b>	<b>1.4</b>
<b>Scrambled Eggs (2 Eggs)</b>	<b>2.3</b>
<b>Halloumi (3 Pieces)</b>	<b>3.7</b>
<b>Beans</b>	<b>1.4</b>
<b>Bacon (2 Pieces)</b>	<b>2.65</b>
<b>Cumberland Sausage (1)</b>	<b>2.65</b>
<b>Vegan Sausage (2)</b>	<b>2.3</b>
<b>Beef Sausage (Sujuk - 3 slices)</b>	<b>2.3</b>
<b>Hash Browns (2 Pieces)</b>	<b>2.3</b>
<b>Spinach</b>	<b>2.3</b>
<b>Asparagus</b>	<b>2.65</b>
<b>Smoked Salmon</b>	<b>3.7</b>
<b>Avocado (Half)</b>	<b>2.0</b>
<b>Mushrooms</b>	<b>2.0</b>
<b>Grilled Sliced Tomato</b>	<b>1.4</b>
<b>Toast &amp; Butter (2 Slices)</b>	<b>1.4</b>
<b>Sourdough &amp; Butter (2 Slices)</b>	<b>2.0</b>
<b>Broccoli &amp; Carrots</b>	<b>2.65</b>

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## TEA & COFFEE

### COFFEES

<b>Americano</b> (white or black)	<b>3.25</b>
<b>Espresso</b> (single/double)	<b>2.5/3.25</b>
<b>Macchiato</b> (single/double)	<b>2.5/3.25</b>
<b>Flat White</b>	<b>3.95</b>
<b>Latte</b>	<b>3.95</b>
<b>Cappuccino</b>	<b>3.95</b>
<b>Mocha</b>	<b>4.90</b>
<b>Hot Chocolate</b>	<b>4.90</b>
<b>Chai Latte</b>	<b>4.90</b>
<b>Turkish Coffee</b>	<b>3.50</b>
<b>Matcha Latte</b>	<b>3.95</b>

### ICED COFFEES

<b>Iced Latte</b>	<b>5.00</b>
<b>Iced Vanilla Strawberry</b>	<b>5.20</b>
<b>Matcha Latte</b>	
<b>Iced Mocha</b>	<b>5.20</b>
<b>Iced Americano</b>	<b>5.00</b>
<b>Iced Frappe</b>	<b>5.00</b>

Vanilla

<b>Extra shot</b>	<b>.55</b>
<b>Milk</b>	<b>.55</b>

Almond, Oat, Soya, Coconut

<b>Syrups</b>	<b>.55</b>
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Honey, Hazelnut, Berry, Vanilla, Caramel, Cinnamon

### TEAS

<b>English Breakfast</b>	<b>3.10</b>
<b>Earl Grey</b>	<b>3.10</b>
<b>Decaf Tea</b>	<b>3.30</b>
<b>Herbal Tea</b>	<b>3.30</b>

Green, Camomile, Jasmine, Lemon & Ginger, Peppermint, Fruit, Fresh Mint

## SOFT DRINKS

<b>Soft Drinks</b>	<b>2.85</b>
<i>Coca Cola, Diet Coke, Coke Zero, Sprite, Fanta, San Pellegrino, Aloe Vera, Coconut Water</i>	
<b>Sparkling Water</b>	<b>2.8</b>
<b>Still Water</b>	Large: <b>£2.3</b> Small: <b>1.6</b>
<b>Fruit Shoot</b>	<b>2.3</b>
<b>Capri Sun</b>	<b>2.3</b>
<b>Juices by the Glass</b>	<b>3.5</b>
<i>Pineapple, Apple, Mango</i>	
<b>Slush Raspberry &amp; Strawberry</b>	<b>3.5</b>

## FRESHLY SQUEEZED JUICES

<b>Apple, Orange or Carrot</b>	<b>5.25</b>
<b>Rainbow Combo</b>	<b>5.55</b>
<i>Apple, orange &amp; carrot</i>	
<b>Ginger Shot</b>	<b>1</b>

## MILKSHAKES & SMOOTHIES

<b>MILKSHAKES</b>	<b>5.5</b>
<i>Vanilla, Chocolate or Strawberry</i>	
<b>Add ons</b>	<b>1.5</b>
<i>Peanut Butter, Banana, KitKat, Oreo, Kinder Bueno, Nutella, Ferrero Rocher, Lotus Biscoff</i>	
<b>SMOOTHIES (HOMEMADE)</b>	
<b>Tropical Crush</b>	<b>5.8</b>
<i>Pineapple, Mango &amp; Banana</i>	
<b>Groovy Green</b>	<b>5.8</b>
<i>Grapes, Baby Spinach &amp; Green Apple</i>	
<b>Merry Berry</b>	<b>5.8</b>
<i>Strawberry, Raspberry &amp; Blueberry</i>	
<b>Strawberry Sunshine</b>	<b>5.8</b>
<i>Strawberry, Raspberry &amp; Banana</i>	

## BUBBLES TEA

<b>Add Your Choice Of Flavour</b>	<b>£4.95</b>
<i>Milk tea 3in1, Coconut, Blueberry, Mango, Strawberry Flavour</i>	

<b>Add Your Choice Of Bubbles</b>	
<i>Rainbow, Mango, Green apple, Strawberry, Raspberry, Blueberry, Lychee</i>	

## DESSERTS

<b>Cakes</b>	<b>5.80</b>
<i>Rainbow Cake, Carrot Cake, Chocolatina, Oreo, Hazelnut, Red Velvet</i>	
<b>Fruit Bowl</b>	<b>3.95</b>
<i>Freshly made with seasonal fruit</i>	
<b>Muffins</b>	<b>3.7</b>
<b>Banana</b>	<b>1</b>
<b>Green Apple</b>	<b>1</b>
<b>Cup Cakes</b>	<b>3</b>
<b>Macaroons</b>	<b>1.2</b>
<b>Pastries</b>	<b>3.2</b>
<i>Plain Croissant, Chocolate Croissant, Pain Aux Raisin</i>	

## ICE CREAM

<b>Vanilla Ice Cream</b> (4 scoops)	<b>2.8</b>
<i>With chocolate sauce, strawberry syrup or lotus biscoff</i>	
<b>Magnum</b> Classic or Vegan (VG)	<b>3.15</b>
<b>Cornetto Classic</b>	<b>2.7</b>
<b>Smarties</b>	<b>2.7</b>
<b>Watermelon</b>	<b>2.7</b>
<b>Rocket</b>	<b>2.7</b>
<b>FAB</b>	<b>2.7</b>
<b>Mini Milk</b>	<b>1.8</b>
<b>Calypso</b> Orange or Blackberry	<b>2.7</b>
<b>Twister</b>	<b>2.7</b>
<b>Oreo</b>	<b>3.15</b>



## KIDS MENU

<b>Cheeseburger</b> (h)	<b>8.7</b>
<i>Served with steamed broccoli &amp; carrots (served cold), chips &amp; Ribena or small water</i>	
<b>Chicken Nuggets</b> (not processed)	<b>8.7</b>
<i>Served with steamed broccoli &amp; carrots, (served cold), chips &amp; Ribena or small water</i>	
<b>Fish Fingers</b> (gf)	<b>8.7</b>
<i>Served with steamed broccoli &amp; carrots, (served cold), chips &amp; Ribena or small water</i>	
<b>Cheese Omelette</b> (v)	<b>8.7</b>
<i>Served with steamed broccoli &amp; carrots, (served cold), chips &amp; Ribena or small water</i>	
<b>Cheese &amp; Tomato Pizza</b> (v)	<b>8.7</b>
<i>Served with steamed broccoli &amp; carrots, (served cold), chips &amp; Ribena or small water</i>	
<b>Spaghetti Bolognese</b> (h) (gf)	<b>8.7</b>
<i>Served with Ribena or small water</i>	
<b>Tomato Penne</b> (vg) (gf)	<b>8.7</b>
<i>Served with Ribena or small water</i>	
<b>Hummus &amp; Pita</b> (v)	<b>7.6</b>
<i>Served with fresh carrots, cucumber sticks &amp; Ribena or small water</i>	
<b>HOT DRINKS FOR LITTLE ONES</b>	<b>NEW</b>
<b>Small Hot Chocolate</b>	<b>3.6</b>
<i>With whipped creme and marshmallow</i>	
<b>Babychino</b>	<b>2</b>
<i>Milk with chocolate powder</i>	

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