

PLEASE REMEMBER TO STATE  
YOUR TABLE NUMBER WHEN ORDERING



Please order at the till, please make staff aware if you have any food allergies or if you would like to know more about our ingredients.  
Switch to Halal, just ask a member of staff.  
(V) Vegetarian (VG) Vegan (H) Halal (GF) Gluten Free

## BREAKFAST

- Rainbow Tower (V)** 11.9  
Toasted sourdough with smashed avocado, sun-dried tomatoes, portobello mushroom, scrambled eggs & feta cheese, served with a mixed salad.
- The Brunch** 11.9  
Egg, bacon, Cumberland sausage, cherry tomatoes, Portobello mushroom, hash brown, beans & toast
- Anatolian** 11.9  
Egg, spicy beef sausage, halloumi, feta cheese, olives, cherry tomatoes, cucumber, Portobello mushroom, jam, honey & toast
- Shakshuka Egg (V)** 9.9  
Middle Eastern egg, tomatoes, peppers, feta cheese, served with toasted sourdough
- Vegan Breakfast (VG)** 10.9  
Hash brown, veggie sausage, Portobello mushroom, cherry tomatoes, baby spinach, avocado, asparagus, beans & toast with vegan butter
- The Veggie (V)** 10.9  
Egg, halloumi, veggie sausage, avocado, baby spinach, asparagus, cherry tomatoes, Portobello mushroom, beans & toast
- Smashed Avocado & Eggs** 11.9  
Toasted sourdough topped with smashed avocado with choice of smoked salmon or bacon & poached eggs served with a mixed side salad & crisps
- Eggs Benedict** 9.9  
Toasted English muffin with bacon or ham topped with poached eggs & hollandaise sauce served with a mixed side salad & crisps
- Eggs Florentine (V)** 9.9  
Toasted English muffin with spinach topped with poached eggs & hollandaise sauce served with a mixed side salad & crisps
- Eggs Royal** 10.9  
Toasted English muffin with smoked salmon topped with poached eggs & hollandaise sauce served with a mixed side salad & crisps
- American Pancake Stack** 11.9  
2 pancakes, mixed berries, fried free range egg, bacon, Cumberland sausage, asparagus & maple syrup

## OMELETTES

All our omelettes are served with a mixed side salad

- Plain Omelette (V)** (3 free range eggs) 7.9
- Additional Toppings** 1.3  
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

- BLCT Club** 10.9  
Bacon, lettuce, cheese & tomato in 3 layers of toasted white bread
- Tuna & Cheese Melt** 10.9  
Dolphin-friendly tuna with mayonnaise & red onions
- Meaty Club** 11.9  
Grilled chicken breast with bacon, lettuce, tomatoes and cheese all in toasted white bread
- Chicken & Avocado Wrap** 11.9  
Sliced chicken fillet with mixed leaves, avocado & mayonnaise wrapped in a toasted tortilla
- Veggie Ciabatta** 9.9  
Mixed grilled peppers, sun-dried tomatoes, mozzarella & pesto
- Cheese & Tomato Toastie** 7.9  
served in white bread
- Southside** 9.9  
Turkey-ham, cheese, tomato, lettuce & mayonnaise
- Ham & Cheese Toastie** 8.9  
served in white bread

## PASTA

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

- Penne Arrabbiata (VG)** 9.9  
Penne pasta with rich tomato & basil sauce with chilli flakes
- Creamy Penne Chicken Pesto** 11.9  
Penne pasta and grilled chicken with pesto sauce, olive oil, salt & pepper
- Creamy Penne Pasta Chicken** 11.9  
Chicken & mushrooms in a creamy sauce, with salt & pepper
- Vegan Penne Pasta (VG)** 11.9  
Roast peppers, cherry tomatoes, asparagus, mushrooms with a tomato & basil sauce

## CHICKEN

- Pollo Chicken (H)** 11.9  
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

- Burger Classic** 10.9  
100% Scottish 8oz beef patty with melted cheese, lettuce, grilled onion, tomato & gherkin
- Rainbow Burger** 11.9  
100% Scottish 8oz beef patty with melted cheese, bacon, lettuce, grilled onion, tomato & gherkin
- The Cheesy Chick (H)** 10.9  
Marinated grilled chicken fillet with lettuce, tomato, grilled onion & melted cheese
- Vegan Burger (VG)** 10.9  
A delicious meat-free patty bursting with juicy flavour with lettuce, tomato, grilled onion, vegan mayo and served in a vegan bun

## SALADS

- Rainbow Vegan Salad (VG)** 11.9  
Green lentils, artichoke, mixed leaves, cherry tomatoes, avocado, drizzled with a balsamic house dressing
- Goat Cheese Salad** 10.9  
Mixed leaves, sun-dried tomatoes, roasted peppers, cucumber, pomegranate, walnuts, goat cheese and poached pear drizzled with a pesto dressing
- Lentil & Halloumi** 9.9  
Mixed leaves with green lentils, grilled halloumi, cherry tomatoes & avocado with balsamic house dressing
- Classic Chicken Caesar (H)** 11.9  
Grilled chicken fillet, baby gem lettuce, croutons, Parmesan & classic Caesar dressing

## SOMETHING SWEET

- Pancakes** 9.9  
3 layers of pancakes served with fresh berries, icing sugar & maple syrup or honey
- Pancakes Nutella** 10.9  
3 layers of pancakes served with fresh berries, nutella & icing sugar
- French Toast** 10.9  
Toasted brioche bread with fresh berries, icing sugar & maple syrup or honey
- Granola** 8.9  
Served with Greek yoghurt, fresh berries & honey
- Porridge** 8.9  
Organic oats, served with fresh berries & maple syrup or honey. Choose between semi skimmed, full fat, oat, soya, almond or coconut milk.

## SIDES

- Fries** 3.5
- Curly Fries** 3.5
- Fried Egg** 1.3
- Scrambled Eggs** 2.2
- Halloumi** 3.5
- Beans** 1.3
- Bacon** 1.9
- Cumberland Sausage** 2.2
- Beef Sausage** 2.2
- Hash Browns** 1.9
- Spinach** 1.9
- Asparagus** 2.5
- Smoked Salmon** 3.5
- Avocado** 1.9
- Portobello Mushroom** 1.9
- Grilled Sliced Tomato** 1.3
- Toast & Butter** 1.3
- Sourdough & Butter** 1.9

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 **TEA & COFFEE**

<b>COFFEES</b>	
<b>Americano</b> (white or black)	<b>2.95</b>
<b>Espresso</b> (single/double)	<b>2.5/2.95</b>
<b>Macchiato</b> (single/double)	<b>2.5/2.95</b>
<b>Flat White</b>	<b>3.15</b>
<b>Latte</b>	<b>3.15</b>
<b>Cappuccino</b>	<b>3.15</b>
<b>Mocha</b>	<b>3.95</b>
<b>Hot Chocolate</b>	<b>3.95</b>
<b>Chai Latte</b>	<b>3.95</b>
<b>Turkish Coffee</b>	<b>3.15</b>
<b>ICED COFFEES</b>	
<b>Iced Latte</b>	<b>3.95</b>
<b>Iced Mocha</b>	<b>3.95</b>
<b>Iced Americano</b>	<b>3.95</b>
<b>Iced Frappe</b>	<b>3.95</b>
<b>Extra shot</b>	<b>.50</b>
<b>MILK</b>	<b>.50</b>
Almond, Oat, Soya, Coconut	
<b>SYRUPS</b>	<b>.50</b>
Hazelnut, Vanilla, Caramel, Cinnamon, Ginger, Pumpkin	
<b>Matcha Powder</b>	<b>.50</b>
<b>TEAS</b>	
<b>English Breakfast</b>	<b>2.45</b>
<b>Earl Grey</b>	<b>2.45</b>
<b>Decaf Tea</b>	<b>2.95</b>
<b>Herbal Tea</b>	<b>2.95</b>
Green, Camomile, Jasmine, Lemon & Ginger, Peppermint, Fruit, Fresh Mint, Matcha	

**SOFT DRINKS**

<b>Soft Drinks</b>	<b>2.5</b>
Coca Cola, Diet Coke, Coke Zero, Sprite, Fanta, San Pellegrino, Aloe Vera, Coconut Water	
<b>Sparkling Water</b>	<b>2.5</b>
<b>Still Water</b>	<b>1.5</b>
<b>Fruit Shoot</b>	<b>2</b>
<b>Capri Sun</b>	<b>2</b>
<b>Juices by the Glass</b>	<b>2.5</b>
Pineapple, Apple, Mango	
<b>Sluch Raspberry &amp; Strawberry</b>	<b>2.5</b>

**FRESHLY SQUEEZED  
JUICES**

<b>Apple, Orange or Carrot</b>	<b>4.75</b>
<b>Rainbow Combo</b>	<b>5.45</b>
Apple, orange & carrot	
<b>Ginger Shot</b>	<b>.5</b>

 **MILKSHAKES  
& SMOOTHIES**

<b>MILKSHAKES</b>	<b>4.9</b>
Vanilla, Chocolate or Strawberry	
<b>Add ons</b>	<b>1.3</b>
Peanut Butter, Banana, KitKat, Oreo, Kinder Bueno, Nutella, Ferrero Rocher, Lotus Biscoff	
<b>SMOOTHIES (HOMEMADE)</b>	
<b>Tropical Crush</b>	<b>4.9</b>
Pineapple, Mango & Banana	
<b>Groovy Green</b>	<b>4.9</b>
Grapes, Baby Spinach & Green Apple	
<b>Merry Berry</b>	<b>4.9</b>
Strawberry, Raspberry & Blueberry	
<b>Strawberry Sunshine</b>	<b>4.9</b>
Strawberry, Raspberry & Banana	

 **BUBBLE TEA**

<b>Add Your Choice Of Flavour</b>
Milk tea 3in1, Coconut, Honeydew melon, Blueberry, Mango, Matcha beverage
<b>Add Your Choice Of Bubbles</b>
Rainbow, Passion fruit, Mango, Green apple, Peach, Strawberry, Raspberry, Blueberry Cherry, Lychee, Honeydew melon

 **DESSERTS**

<b>Cakes</b>	<b>5.25</b>
Rainbow Cake, Carrot Cake, Wilton Chokolatina, Wilton Oreo, Wilton Hazelnut, Wilton Red Velvet	
<b>Fruit Bowl</b>	<b>2.50</b>
Freshly made with seasonal fruit	
<b>Muffins</b>	<b>3.5</b>
<b>Cup Cakes</b>	<b>2.5</b>
<b>Macaroons</b>	<b>1.15</b>
<b>Pastries</b>	<b>3</b>
Plain Croissant, Chocolate Croissant, Almond Croissant, Pain Aux Raisin	
<b>Vanilla Ice Cream</b> (2 scoops)	<b>2.5</b>
With chocolate sauce, strawberry syrup or lotus biscoff	
<b>Magnum</b> Classic or Vegan (VG)	<b>3</b>
<b>Cornetto Classic</b>	<b>2.5</b>
<b>Smarties</b>	<b>2.5</b>
<b>Watermelon</b>	<b>2.5</b>
<b>Rocket</b>	<b>2.5</b>
<b>FAB</b>	<b>2.5</b>
<b>Mini Milk</b>	<b>1.5</b>
<b>Calypso</b> Orange or Blackberry	<b>2</b>



**KIDS MENU**

<b>Cheeseburger</b> (H)	<b>7.9</b>
Served with steamed broccoli, carrots, chips & a drink	
<b>Chicken Nuggets</b> (not processed)	<b>7.9</b>
Served with steamed broccoli, carrots, chips & a drink	
<b>Fish Fingers</b> (GF)	<b>7.9</b>
Served with steamed broccoli, carrots, chips & a drink	
<b>Cheese Omelette</b> (V)	<b>7.9</b>
Served with steamed broccoli, carrots, chips & a drink	
<b>Cheese &amp; Tomato Pizza</b> (V)	<b>7.9</b>
Served with steamed broccoli, carrots, chips & a drink	
<b>Spaghetti Bolognese</b> (H) (GF)	<b>7.9</b>
Served with a drink	
<b>Tomato Penne</b> (VG) (GF)	<b>7.9</b>
Served with a drink	
<b>Hummus &amp; Pita</b> (V)	<b>6.9</b>
served with fresh carrots, cucumber sticks & a drink	

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