THE SECRET GARDEN CAFE

MENU

Spring/Summer 2026

www.thesecretgarden.cafe

Welcome to the Secret Garden Cafe

At The Secret Garden, we believe a good café should be simple: proper comfort food, great tea and coffee, and a space where everyone can relax and enjoy both.

Our kitchen is proudly allergen-friendly, with over 90% of the menu prepared gluten-free or with gluten-free options available. We use separate fryers, chopping boards and waffle irons to help reduce the risk of cross-contamination, because we know how important this is to you.

Vegetarian and vegan dishes have always been a huge part of what we do, and they still are.
We have also introduced a small selection of meat options, giving our customers more choice while keeping our plant-based dishes front and centre.

After seven years of trading, the idea has stayed the same:

Something for everyone.

All your Secret Garden favourites remain, with a few new additions we could not resist putting on the menu.

So take your time, have a look around, and enjoy the SG. And if you are that way inclined, give us a follow and see what we get up to behind the scenes.

= Vegetarian = Vegan = Vegan Alternative = Gluten-Free = Gluten-Free Alternative = May Contain Nuts

Follow us

We ♥ Dogs!

Dogs are always welcome at The Secret Garden.

We love having them around and there is usually a water bowl nearby and a jar of treats on standby for any well behaved four-legged visitors..

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Breakfast – Rise, Shine & Dine

Freshly prepared breakfast dishes with our signature gluten-free and allergen-friendly focus.
Served 9am to midday. Last orders 11:45am.

Glorious Fry Ups

The Early Riser — £10.45
1 fried egg, 1 pork sausage, 1 rasher of bacon, 1 hash brown, mushroom, roasted cherry tomatoes on the vine, beans and toast.

The Hungry Gardener — £12.45
2 fried eggs, 2 pork sausages, 2 rashers of bacon, 2 hash browns, mushroom, roasted cherry tomatoes on the vine, beans and toast.

The Original Green — £10.45
1 vegan sausage, 1 hash brown, mushroom, roasted peppers, roasted cherry tomatoes on the vine, scrambled tofu, beans and toast.

The Mighty Green — £12.45
2 vegan sausages, 2 hash browns, mushroom, roasted peppers, roasted cherry tomatoes on the vine, scrambled tofu, beans and toast.

Handheld Happiness

Smash Brown — £9.95
Hash browns, sausages and melted cheese, pressed into a pretzel bun. Seriously tasty. Beans included. No regrets.
Add Bacon or a fried egg for £1.50

Bacon or Sausage Sarnie — £4.95
A proper British classic. *Add a fried egg for £1.50 and make it a moment. You can thank us later.*

Your Body Is A Temple!

Mixed Berry Granola — £7.95
Granola with your choice of milk or yogurt and seasonal fruit. Look at you making excellent choices.
Add Jasmine Poached Pears tea for £3 for a heavenly upgrade.

Porridge — £7.95
Porridge with your choice of milk and seasonal fruit. Low drama. High comfort. Exactly what you need.

Toasted Favourites

Eggs — £7.95
Fried, scrambled or poached eggs on toast. Simple. Solid. Reliable. Level up with bacon, sausage or a hash brown for £1.50.
Add avocado for £2.50 and keep it classy.

Avocado & Mushroom — £10.95
Avocado and a large flat mushroom on toast with a kick of chilli.
Add bacon or an egg for £1.50 and make it yours.

Scrambled Tofu — £11.45
Scrambled tofu with spinach and pine nuts, roasted cherry tomatoes and toast. Plant-powered and properly satisfying.

Toasted Teakcakes — £3.95
Large, fresh-from-the-baker teacakes, toasted to perfection. Butter and jam or marmalade included.

Crumpets — £3.95
3 golden crumpets, toasted and ready for serious butter action. Regular or gluten-free. *Add Marmite for an extra 50p*

Marmite On Toast — £3.45
Love it or hate it, it's now on the menu and is perfect with a brew.

Round Of Toast — £2.95
Just a good ol' round of toast, because sometimes that's all you need. Dairy or vegan butter with jam or marmalade.

Little Sprouts

Build a Brekkie — £4.95
Pick 3 tasty bits, add toast and build a brekkie of your very own. Try not to let Mum steal the best bit.

Choose from:

- Eggs *- your way*
- Hash Brown
- Avocado
- Beans
- Scrambled Tofu
- Flat Mushroom
- Roasted Peppers
- Tomatoes on the Vine
- Bacon
- Sausage *Pork or Vegan*

Lunch – Graze, Gather & Indulge

Comforting classics and fresh favourites, with a few new plates joining the mix, best enjoyed with good company and a little extra time. *Served from midday.*

Comfort Corner

Homemade Soup — £8.45
Homemade soup of the day, served with a rustic or gluten-free roll. Hot, satisfying and ready when you are.

Garden Quiche of the Week — £15.45
Our vegan-friendly quiche of the week, a firm favourite for good reason. Served with fries and salad.

The Gabriella Salad — £15.45
Roasted beetroot, goats cheese, candied walnuts and rocket salad. She knew what she was doing.

Caesar Salad — £14.45
Crisp lettuce, crunchy croutons, parmesan and Caesar dressing done right. *Add bacon for £1.50.*

5 Bean Chilli & Rice — £14.45
Five bean chilli, cheese and rice. Vegan and gluten free, with just the right amount of heat. Big bowl energy.

Cheesy Nachos — £10.45
Crisp tortilla chips loaded with guacamole, salsa, jalapeños and cheese. Built for sharing. Or not.

Add BBQ spiced jackfruit or 5 bean chilli for £2.45. Now we're talking.

Garden Poutine — £8.95
Chips and cheese buried under our signature mushroom gravy. Simple. Iconic. Still unbeaten.

Chips, Cheese & Beans — £7.95
Crisp chips, melted cheese and baked beans. Unapologetically British.

Burgers, Built Different

All served with chips, salad and homemade slaw.

Barrolds Signature Stack — £16.45
Our own fresh 6oz gourmet beef burger with cheese, lettuce, tomato and burger sauce. Barrold's secret recipe, built for flavour from the inside out. Unapologetically juicy and absolutely the main event. *Add bacon for £1.50.*

Bhaji Burger — £16.45
Spiced bhaji burger with garlic and dill mayo in a pretzel bun. Mango chutney on the side for good measure. Fresh, punchy and homemade, with plenty of character.

Moving Mountains Burger — £16.45
Moving Mountains plant-based cheeseburger in a toasted bun with melted cheese, lettuce and tomato. All the classic vibes.

Feeling ambitious?
Add an extra burger for £3.50

Sarnies, Paninis & Spuds

Your filling, your way — *Sarnie* £8.45 / *Panini/Spud* £9.95
Sarnie, panini or a jacket, all served with a side salad. Choose from:

- BBQ Jackfruit & Cheese
- Brie & Cranberry
- Tomato, Pesto & Mozzarella
- Cheese & Caramelised Onion
- Houmous, Sundried Tomato & Olives
- Avocado & Grilled Mushroom

Oh Go On Then...

Chilli Cheese Bites	£3.95	Chips	£3.95
Cheesy Chutney Melts	£3.95	Sweet Potato Fries	£4.95
Onion Rings	£3.95	Halluomi Fries	£4.95
Garlic Bread	£3.95	Mixed Salad	£3.95
Cheesy Garlic Bread	£4.95		

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Waffles – No Rules, Just Toppings

Build it your way with a classic Belgian or our signature SG gluten-free & vegan waffle, then pile it high and don't hold back. *Weekends and holidays only.*

#01 Big or Small?

The Full Bloom £9.95
Full size, full flavour, maximum happiness!

Sprout Sized £5.95
Half a waffle for small people appetites.

#02 Choose Your Base

Choose from a classic Belgian or our signature SG gluten-free & vegan waffle*. Go on, you've got this.

For peace of mind: Our gluten-Free/Vegan waffles are baked in their own gluten-free and dairy-free waffle irons to avoid any cross contamination.
**Our SG waffle mix contains almonds*

#03 Make It Yours

Pick any 3 to get you started. Want more? No problem. Extra toppings are £1.45 each.

Sweet Hits

- Grated Chocolate
  (Milk, White or Vegan)
- Oreos
- Crushed Meringue
- Crumbled Biscoff
- Terrys Chocolate Orange
- Chocolate Orange

Saucy Extras

- Biscoff Sauce
- Nutella
- Peanut Butter
- Maple Syrup
- Caramel Sauce
- Chocolate Sauce
- Strawberry Sauce
- Raspberry Sauce

Fresh & Fruity

- Stewed Apple
- Banana
- Blueberries
- Raspberries
- Strawberries

Finishing Touches

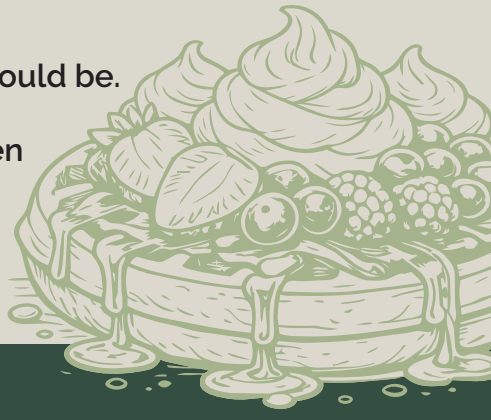
- Squirty Cream
- Dairy Free Ice Cream
  Vanilla, Chocolate or Strawberry

#04 We've Got This

Sit back and relax. Your waffle is being made fresh, just the way it should be.

Everything's made fresh to order, so there might be a short wait when it's busy. Trust us, it's worth it.

If it looks as good as it tastes, don't forget to tag us.



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Hot Drinks – Brew, Sip & Unwind

Proper brews and comforting favourites, from loose leaf tea to freshly ground coffee and rich hot chocolate, best enjoyed with good company and a little extra time. Served all day.

Freshly Ground. Proper Coffee

Americano £3.45
Smooth and straightforward black coffee.

Flat White £3.95
Velvety milk with a rich espresso base.

Cappuccino £3.95
Espresso with steamed milk and a light foam.

Espresso (Double Shot) £3.45
Short, strong and to the point.

Latte £3.95
Smooth, milky and easy drinking.

Mocha £4.45
Espresso with chocolate and steamed milk.

Chai £3.45
Spiced, smooth and full of flavour.

Dirty Chai £4.45
Spiced chai with a cheeky espresso kick.

Babyccino £1.75
Steamed milk, made just for the little sprouts.

Extras & Alternative Milks

A Little Extra Flavour £0.95
Vanilla, caramel, hazelnut or gingerbread syrup

Extra Espresso Shot £1.25
For when you need a bit more of a kick

All our drinks can be made with semi-skimmed, soya, coconut, oat or almond milk.
Just the way you like it and no extra charge.

Loose Leaf Tea, Just How It Should Be

Type/ *Caffeine*	Tea:	
Black *Medium*	**The Great British Cuppa** A perfect start to your day.	£2.95
Black *Strong*	**Builders Breakfast Brew** Strong, bold and built to wake you up.	£2.95
Black *Medium*	**Earl Grey Crème** Light, fragrant and gently citrusy.	£3.25
Black *Medium*	**Chocolate Digestives** Rich, chocolatey and biscuit-inspired.	£3.45
Fruit *None*	**Strawberry Lemonade** Fruity, zesty and full of flavour.	£3.45
Oolong *Low*	**Pink Grapefruit** Bright, citrusy and refreshingly sharp.	£3.45
Green *Low*	**Jasmine Poached Pears** Smooth, floral and softly fruity.	£3.45
Green *Low*	**Chinese Treasures** Delicate, aromatic and gently spiced	£3.45
Herbal *None*	**Peppy Mint** Fresh, crisp and naturally caffeine-free.	£3.45
Herbal *None*	**Good Calmer Tea** Smooth, spiced and gently calming.	£3.45

Hot Chocolate

Regular Hot Chocolate £3.45
Rich, velvety and properly chocolatey, made with steamed milk for an easy, everyday treat.

Indulgent Hot Chocolate £4.95
Smooth, chocolatey and topped with cream and marshmallows for when you fancy a little more.

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Cold Drinks – Kick Back & Refresh

From ice-cold classics to milkshakes and a few chilled pours, this is the part of the menu made for sun on your face, a table full of food and nowhere else to be. Served all day.

Cold Classics

Coke Classic	£3.45
Diet Coke	£3.45
Sprite	£3.45
Orange Juice	£3.45
Apple Juice	£3.45
Appletiser	£3.45
J20 Orange & Passionfruit	£3.45
Elderflower Presse	£3.45
Still / Sparking Water	£2.95
Milkshake	£3.45

Choose from Chocolate, Strawberry or banana flavouring with your choice of Semi-skimmed, Soya, Oat, Coconut or Almond milk.
Treat yourself and add cream and marshmallows for £1.50 extra.

Chilled Beers & Cider

Size/ ABV		
330ml *4.6%*	Corona Light, crisp and easy drinking with a citrus lift.	£4.95
330ml *0.0%*	Corona Cero Light, crisp and citrusy, refreshment without the alcohol.	£4.45
330ml *5.4%*	Daura Damm Well balanced, smooth and clean with a refreshing finish.	£4.95
500ml *4.3%*	Doom Bar Smooth, balanced and goes down far too easily.	£5.45
500ml *5.0%*	South West Orchards Fruity and refreshing with a proper West Country bite.	£5.45
500ml *4.0%*	S/W Orchards Raspberry Smooth, crisp and gently fruity with a raspberry edge.	£5.45
500ml *0.5%*	S/W Orchards A/F Crisp, fruity and just as refreshing, no alcohol needed.	£5.45

Spirits: 25ml + Mixer

ABV		*Single*	*Double*
37.5%	Smirnoff Red Vodka	£5.45	£7.45
18.0%	Malibu Rum	£5.45	£7.45
40.0%	Old J Gold Spiced Rum	£5.45	£7.45
40%	Kraken Spiced Rum	£5.45	£7.45
40%	Jack Daniels	£5.45	£7.45
%	Dark Rum*	£5.45	£7.45
%	Gin*	£5.45	£7.45

Wine & Bubbles

Size/ ABV		
187ml *12.0%*	Healy & Gray Pinot Grigio Crisp and refreshing with citrus, apple and peach.	£5.95
187ml *12.5%*	Healy & Gray Merlot Smooth and fruity with ripe damson and plum.	£5.95
187ml *9%*	Healy & Gray Zinfandel Rose Fresh and fruity with raspberry and strawberry.	£5.95
200ml *10.5%*	Serenello Prosecco Extra dry, fresh and fruity with pear, citrus and apple	£6.95

***Our spirits change from time to time, so selections and ABVs can vary.**
Fancy something different or alcohol-free? Just ask the team at the bar to see what else we have.

THE SECRET GARDEN CAFE

Thanks for visiting The Secret Garden.
If you enjoyed your time with us, we'd love you to leave a quick review, it really helps us grow and keep doing what we do.

Follow us

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