



# FOOD MENU

OPENING HOURS: 9.30AM-2.30PM

LAST ORDERS FOR FOOD 2PM

## BAGELS & BITES TO EAT

Our Bagels & Baps are Vegan

Our Baps are Gluten Free

### TOASTED & BUTTERED

PLAIN OR CINNAMON BAGEL **£4.00**

Add Strawberry Jam, Peanut Butter or Nutella **+ 50P**

### TOASTED BREAKFAST BAGELS OR BAPS

Bacon or Sausage **£6.50**

Add Hash Brown, Fried Egg **+ £1.00 each**

BST Bacon, Spinach, Tomato & Mayonnaise **£7.50**

Smoked Salmon & Cream Cheese **£7.50**

CROISSANT **£2.50**

CROISSANT with Butter & Jam **£3.00**

PAIN AU CHOCOLAT **£3.00**

CINNAMON SWIRL **£3.00**

HOMEMADE CHOCOLATE BROWNIE **£3.50**

## THE SAIL LOFT BAGELS

Freshly Toasted & served with a Green Side Salad

& Sea Salt Crisps on Rustic Boards **£9.50 each**

Smoked Salmon, Cream Cheese, Cucumber,  
Lemon & Black Pepper

Proscuitto, Cream Cheese & Chilli Jam

Salt Beef, Swiss Cheese, Dill Pickle  
& Mustard Mayonnaise

Halloumi, Seasoned Sliced Tomatoes,  
Spinach & Chilli Jam (Vegetarian)

Potato Patty, Seasoned Sliced Tomatoes,  
Mushrooms, Spinach & Vegan Mayonnaise (Vegan)

## EXTRAS

Not a Bagel Fan? Swap it for a Bap!

Add a Glass of Fizz or try one of our

Organic Wines - pairs perfectly with a Bagel.

Lunchtime offer **£7.00 for 175ml Glass.**

PLEASE ORDER AT THE BAR WITH YOUR TABLE NUMBER  
& PLEASE ADVISE STAFF OF ANY ALLERGIES

[www.sailloftdartmouth.co.uk](http://www.sailloftdartmouth.co.uk)