

# GURU BREAKFASTS

CHOOSE SMOKED OR UNSMOKED GLOUCESTER BACON, STREAKY OR BAC. ALL OUR EGGS ARE FREE RANGE AND SOURCED FROM A FARM IN COOPER'S HILL. TOMATOES AND MUSHROOMS ARE ORGANIC WHENEVER POSSIBLE. CHOOSE FROM GLOUCESTER OR VEGAN SAUSAGES.

## GURU'S OUTSTANDING **DF** ..... 7.95 BIG VEGAN BREAKFAST

2 rashers of Vegan Bacon, 2 Homemade Guru Vegan sausages, grilled vine tomatoes, mushrooms, 2 cauliflower hash browns, vegan beans and a slice of sourdough toast.

## GURU'S OUTSTANDINGLY HEALTHY ..... 4.85 HALF VEGAN BREAKFAST **DF**

1 Homemade Guru Vegan sausage, 1 rasher of Vegan Bacon, grilled vine tomatoes, mushrooms, 1 cauliflower hash brown, vegan beans and a slice of sourdough toast.

## GURU'S VEGETARIAN BIG BREAKFAST ..... 7.95

2 Homemade Guru Veggie sausages, grilled vine tomatoes, mushrooms, scrambled eggs, a cauliflower hash brown, baked beans and finally a slice of sourdough toast.

## GURU'S HALF VEGETARIAN ..... 4.85 BIG BREAKFAST

1 Homemade Guru Veggie sausage, grilled vine tomatoes, mushrooms, a cauliflower hash brown, 1 veggie Bacon rasher, scrambled egg and finally a slice of sourdough toast.

## GURU'S FULL ENGLISH ..... 7.95 THE BIG BREAKFAST

2 rashers of Gloucester bacon, scrambled eggs, 2 Gloucester sausages, a hash brown, grilled vine tomatoes, mushrooms, beans and finally a slice of our sourdough toast.

## GURU'S HALF ENGLISH BREAKFAST ..... 4.85

A rasher of Gloucester bacon, scrambled egg, 1 Gloucester sausage, a hash brown, grilled vine tomatoes, mushrooms, beans and finally a slice of our sourdough toast.

## BREAKFAST WAFFLE ..... 5.95

Topped with 2 rashers of Gloucester bacon, scrambled free range eggs, 1 Gloucester sausage, baked beans and mushrooms.

## GURU'S BREAKFAST WRAP ..... 4.25

Gloucester sausage, 2 rashers of Gloucester bacon, egg and hash brown. **Vegetarian options available**

## THE BREAKFAST PANINI ..... 5.95

A free range egg omelette, 1 Gloucester sausage, rashers of Gloucester bacon, mushroom, tomato in our sourdough Panini.

## THE GLOUCESTER BACON, EGG AND ..... 4.45 MUSHROOM PANINI

A free range egg omelette, rashers of Gloucester bacon and mushrooms, in our sourdough Panini.

## GLOUCESTER BACON and ..... 4.25 FREE RANGE SCRAMBLED EGG ON TOAST

Local Gloucester bacon & free range scrambled eggs on sourdough toast.

## STREAKY GLOUCESTER BACON ..... 3.95 and FREE RANGE EGG TOASTIE

Gloucester bacon (smoked or unsmoked) free range scrambled eggs, toasted within our sourdough bread.

## GURU PANCAKE STACK ..... 4.25

5 Guru-style pancakes, served with Gloucester bacon, and Maple Syrup.

## FREE RANGE HOMEMADE OMELETTE

### with 2 FILLINGS ..... 3.25

### with 3 FILLINGS ..... 3.75

Choose from: hand carved ham, Godsells Cheddar, Godsells chilli Cheddar, tomatoes, chorizo, onions, peppers, diced turkey, mushrooms. Add sourdough toast with butter for an additional 95p.

## SOURDOUGH TOAST and BUTTER ..... 2.45

Two slices of our Sourdough toast, with a choice of your own topping (Marmite, Peanut Butter, Jams or Marmalade). **Vegan options available**

## ORGANIC PIN HEAD PORRIDGE ..... 2.95

Organic porridge served with a side of milk, add your own local honey and brown sugar. Alternatively make this vegan friendly and ask for almond or soya milk.

## MUESLI (RAW BEETROOT & GINGER ..... 2.95 or RAW CARROT, APPLE & CINNAMON)

Delicious Gluten free oats, in a choice of two flavours, with a combination of nuts and seeds, psyllium husks and hemp seeds.

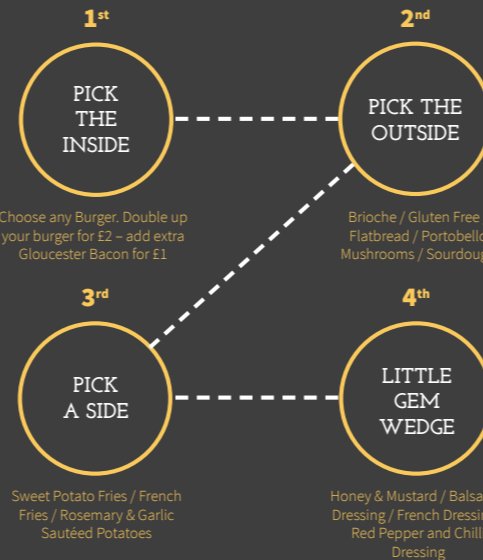
## ORGANIC CRANBERRY ..... 2.95 and APRICOT GRANOLA

A fantastic vegan choice; Granola with your choice of milk.

✓ SUITABLE FOR VEGETARIANS ✓ SUITABLE FOR VEGANS

# GURU GRILL

All Burgers are served with a little gem wedge and a choice of fries.  
Pick your own bun, flatbread, or portabello mushroom



## 6OZ LONGHORN BEEF BURGER ..... 7.95

Slices of gherkin, red onion, lettuce and tomato. Add cheese for 50p

## 6OZ BLACK and BLUE ..... 8.75

Longhorn Burger topped with black pudding, melted organic blue cheese.

## 6OZ BBQ BACON CHEESE BURGER ..... 8.75

Longhorn Burger with smoked streaky Gloucester Bacon and Godsells Cheddar smothered in BBQ sauce.

## APPLE and BRIE BURGER ..... 8.75

Gloucester Old Spot Pork Burger topped with grilled apple, melted organic Cotswold Brie and apple sauce.

## PULLED PORK BURGER ..... 8.75

Gloucester Old Spot Pork Burger topped with BBQ Pulled Pork and homemade Appleslaw.

## CHICKEN & GLOUCESTER BACON BURGER 8.75

Griddled Chicken breast fillet with smoked streaky Gloucester Bacon with red pepper and chilli relish.

## SMOKEY PAPRIKA CHICKEN BURGER .... 8.75

Marinated Chicken breast fillet with citrus mayonnaise on crispy lettuce.

## LAMB and FETA BURGER ..... 8.75

Minted Lamb burger with Feta cheese, Tzatziki and crispy lettuce.

## HIGHLAND VENISON BURGER ..... 8.75

Venison with grilled red pepper and mushroom OR Godsells Cheddar and Caramelised Red Onion

## FALAFEL BURGER ..... 8.75

Homemade Falafel with houmous on lettuce, red onion and tomato.

## QUINOA and WHITE BEAN BURGER ..... 8.75

With lettuce, red onion and grilled beef tomato.

## BEETROOT and BLACKBEAN BURGER ..... 8.75

With a hint of paprika, mixed beans and fresh beetroot.

## MEXICAN BEAN BURGER ..... 8.75

Fajita seasoned Bean Burger with citrus, mayonnaise and salsa.

## FISH FINGER BURGER ..... 8.75

Line caught chunky breaded cod fish fingers served with tartare sauce, mushy peas and a lemon wedge.

## JUST DOG ..... 4.25

No surprise: there's no topping - if you want a sauce or Tewkesbury Mustard, please ask.

## THE BAVARIAN ..... 4.75

Topped with Sauerkraut or Crispy Onions and Senf (mustard).

## CHILLI DOG ..... 5.75

Topped with 3 Bean Chilli, Godsells Chilli Cheddar & Jalapenos.

## THE ITALIAN JOB ..... 5.75

Topped with warmed Marinara Sauce, Mozzarella and fresh Basil.

## STATESIDE ..... 5.75

Topped with BBQ Pulled Pork, Coleslaw and Crispy Onions.

## CURRYWURST and FRIES ..... 5.45

Traditional German Currywurst with Fries and Frite Sauce.

## CHILLI NACHOS ..... 5.75

Topped with 3 Bean Chilli, Jalapenos & Sour Cream.

## BBQ NACHOS ..... 5.75

Topped with BBQ Pulled Pork and Coleslaw.

Turn into a Giant Foot Long for an extra 1.00 (not available in Vegan)

Make into a meal with Fries & Corn on the Cob for 2.00

VEGETARIAN & VEGAN OPTIONS AVAILABLE



# HEALTHY BOWL FOODS

## SWEET POTATO and ..... 7.25

CAULIFLOWER CURRY **DF GF** ✓ ✓  
An energy filled, spicy, chunky dish, with wedges of Sourdough Bread.

## MOROCCAN CHICKPEA ..... 7.25

and QUINOA STEW **DF** ✓ ✓  
A classic flavoursome stew, served with a Guru style Flatbread.

## LENTIL, POTATO and CARROT HASH **DF** 7.25

Packed with Protein & Minerals and Served with wedges of Sourdough Bread. ✓ ✓

## CHICKPEA and LENTIL DAHL **DF** ..... 7.25

A classic Dahl, served with mini poppadoms and hot Mango Chutney. ✓ ✓

## 3 BEAN and BUTTERNUT SQUASH CHILLI.. 7.25

Protein packed and spicy a side of nachos with **DF** an interesting addition of crushed avocado. ✓ ✓

## SOUP of the WEEK **DF GF** ..... 4.25

Homemade Soup using the finest of seasonal produce with wedges of Sourdough Bread. ✓ ✓

## THAI GREEN VEGETABLE CURRY **DF** .... 7.25

A wonderful coconut curry, served on a bed of Thai Noodles. ✓ ✓

## CHICKEN DAHL **DF** ..... 7.75

Curried Chicken and Lentils served on a bed of whole grain rice with mini poppadoms and hot Mango Chutney.

## BEEF and POTATO MADRAS **DF**..... 7.75

Prime cuts of British Beef, served on a whole grain rice and mini poppadoms and hot Mango Chutney.

# LOW CARB SECTION

## ITALIAN TOMATO, MOZZARELLA and BASIL CHICKEN ..... 7.75

Grilled chicken breast on a bed of pesto courgetti, topped with an Italian tomato sauce and grilled mozzarella.

## CHILLI CON CARNE **DF** ..... 7.75

Spicy chilli made with extra lean mince beef served with cauliflower rice and crushed avocado.

## THAI GREEN CHICKEN CURRY..... 7.75

A wonderful coconut chicken curry, served on a bed of Thai Noodles

# SIDES

## SALAD ..... 1.75

## ROSEMARY & GARLIC SAUTÉED POTATOES 1.75

## FRIES / SWEET POTATO FRIES ..... 1.75

## GARLIC BREAD ..... 1.75

## CORN ON THE COB ..... 1.75

## SOURDOUGH BAGUETTE AND BUTTER ..... 1.75

## GURU DESSERTS

- GURU FRUIT SALAD** ..... 3.95  
*Mixture of fruits, drizzled with fresh orange juice.* ✓✓
- GURU FRUIT CRUMBLE** ..... 2.95  
*Ask the staff for this week's Fruity Treat served with a cleansing scoop of Sorbet.* ✓✓
- BAKED BLUEBERRY DOUGHNUTS DF** ..... 3.95  
*Fresh doughnuts baked in the oven topped with mixed berries and drizzled with Coconut Cream.* ✓✓
- LAYERED LEMON CHEESECAKE** ..... 2.95  
*Delicious tangy lemon, with wonderful crunchy layers.* ✓
- HILLBROOKS SORBET ✓ or ICE CREAM**... 2.35  
*100% Dairy free Sorbet or Luxury Natural Ice Cream Blackberry & Apple, Chocolate, Coffee & Walnut, Honeycomb, Mint. Ask the staff for flavours.* ✓
- AFFOGATO AL CAFFÈ** ..... 3.95  
*A premium 120ml of Hillbrooks Luxurious Vanilla Ice Cream, smothered with a shot of our espresso.* ✓
- HAZLENUT CHOCOLATE and PEAR**..... 4.25  
*Nutella and pear panini - insatiable.* ✓

## PANCAKES & WAFFLES

**£3.95** (or plain £3.00)  
 SERVED WITH LEMON JUICE, SUGAR AND ANY TWO OF THE FOLLOWING TOPPINGS (EXTRA TOPPINGS 75P EACH):  
 ✓ Vegan options available

- HILLBROOKS SORBET ✓ or ICE CREAM** ✓  
*100% Dairy free Sorbet or Luxury Natural Ice Cream Blackberry & Apple, Chocolate, Coffee & Walnut, Honeycomb, Mint. Ask the staff for flavours.*
- FRUIT TOPPING** ✓  
*Banana, pear, blueberries, strawberries, apple, mango (check for today's selection).*
- SAUCES** ✓  
*Nutella / maple syrup / agave syrup / vanilla / crème fraiche / Greek yoghurt.*
- STRAWBERRIES & CREAM** ..... 3.95
- PEANUT & JELLY** ..... 3.95
- PROTEIN PANCAKES**..... 3.95  
*(with one topping) made with Genetics Bio-Whey.*

## SALADS

- ZINGY COURGETTE & SPINACH SALAD** .. 3.95  
*Lightly fried Courgette, Baby Spinach with a hint of Chilli.* ✓✓
- BETROOT & ROCKET** ..... 3.95  
*Fresh spiralised Beetroot, Rocket with toasted Sesame Seeds and an Orange dressing.* ✓✓
- SALAD OF THE WEEK** ..... 3.95  
*Ask the staff for salad of the week.* ✓✓

## FRESHLY MADE SOURDOUGH PANINIS

ADD A SIDE FOR £1.75

- TOMATO, VEGAN** ..... 4.75  
**MOZZARELLA and SPINACH DF** ✓✓  
*Vegan Mozzarella Cheese, Tomato & Spinach.*
- TOMATO, MOZZARELLA** ..... 4.75  
**and BASIL** ✓  
*With Balsamic Vinegar dressing.*
- THE VEGETARIAN HOT PANINI** ..... 4.75  
 ✓  
*Godsells Chilli Cheddar, Watercress, Tomato & Pesto.*
- TUNA and CHEESE** ..... 4.75  
 ✓  
*Tuna with low fat Mayonnaise, Sweetcorn & Godsells Cheddar.*
- PULLED PORK & CHEDDAR** ..... 4.75  
 ✓  
*Homemade pulled pork and Godsells cheddar.*
- MOZZARELLA, HAND CARVED HAM and BASIL** ..... 4.75  
 ✓  
*With Tewkesbury Mustard layered on a bed of Tomato and Basil.*
- HAM, CHEESE and APPLE** ..... 4.75  
 ✓  
*Gloucester hand carved Ham and Godsells Cheddar, with British Apples.*
- TURKEY and CHEESE** ..... 4.75  
 ✓  
*Pan-seared Turkey breast and Godsells Cheddar.*
- THE HOT PANINI (THE PIZZA TASTING ONE)** ..... 4.75  
 ✓  
*Spicy Chorizo & Godsells Cheddar, Watercress, Tomato & Pesto.*

## SAVOURY WAFFLES

- GODSELLS CHILLI CHEDDAR and THYME MAPLE SYRUP** ..... 4.75  
 ✓
- ZUCCHINI WAFFLE** ..... 4.75  
 ✓  
*With Courgettes and Roasted Vegetables.*
- HAND CARVED HAM, CHEESE and APPLE** .. 4.75  
 ✓  
*Local hand carved Ham, Godsells Cheddar & Apple slices.*
- WAFFLED PIZZA** ..... 4.75  
 ✓  
*Chorizo, Mozzarella & Marinara sauce.*

## POTATO JACKETS

CHOICE OF POTATO OR SWEET POTATO  
 ADD A SIDE SALAD FOR £1.75  
 ADD CHOPPED GLOUCESTER BACON FOR AN EXTRA 75P

- SPINACH and SAUTÉ MUSHROOMS DF GF** 4.95  
 ✓✓
- 3 BEAN CHILLI GF** ..... 4.95  
 ✓✓
- BAKED BEANS and**..... 4.95  
**CHEESE/ VEGAN CHEESE GF** ✓✓
- JUST CHEESE/VEGAN CHEESE GF** ..... 4.95  
 ✓✓
- TUNA and MAYONNAISE GF** ..... 4.95  
 ✓
- CHORIZO and GODSELLS** ..... 4.95  
**CHILLI CHEDDAR GF** ✓

## SANDWICH | BAP WRAP | BAGUETTE

ADD A SIDE FOR £1.75

- MOZZARELLA, TOMATO and PESTO**..... 3.75  
 ✓✓  
*Slices of Godsells Mozzarella, Tomatoes and Pesto on Baby Spinach Leaves.*
- ROASTED VEGETABLES and HOUMOUS**.. 3.75  
 ✓✓  
*Mediterranean Roasted Vegetables with Lemon and Coriander Houmous.*
- HOUMOUS and FALAFEL**..... 3.75  
 ✓✓  
*Homemade Falafel and Piri Piri Houmous on Watercress.*
- TUNA MAYONNAISE and SALAD** ..... 3.75  
 ✓  
*Lime Mayonnaise Tuna.*
- CHEESE SALAD** ..... 3.75  
 ✓  
*Godsells Cheddar, Old Spot Real Ale Chutney.*
- HAND CARVED HAM SALAD** ..... 3.75  
 ✓  
*Gloucester hand carved Ham and Tewkesbury Mustard.*
- CHICKEN, GLOUCESTER BACON & AVOCADO** 3.75  
 ✓  
*Grilled Chicken Breast, local streaky Gloucester Bacon and crushed Avocado.*
- BBQ PULLED PORK and COLESLAW** ..... 3.75  
 ✓  
*Slow cooked Pulled Pork with homemade Coleslaw.*
- SAUSAGE, CHEESE and COLESLAW** ..... 3.75  
 ✓  
*Gloucester Sausage, grated Godsells Cheddar and homemade Coleslaw.*



We are extra friendly to Vegans, Vegetarians, Gluten Free, Dairy Free

In designing our quality foods, many are naturally free from Gluten & Dairy and absolutely brilliant for Vegans & Vegetarians.

Look out for:  
 ✓ (Vegan) ✓ (Vegetarian)  
 GF (Gluten Free) DF (Dairy Free)

If you want some items replaced to suit, including GF, DF or any other allergies; please ask and feel free to be creative.

