

bod

CAFÉ BARS

GOOD FRESH FOOD MENU

What happens when you take a cafe serving locally roasted coffee & freshly prepared meals, and put it in a fully-stocked bar that includes award winning real ales, craft beers and gin? Welcome to bod.

BREAKFAST

Served until 12pm

bod Breakfast £10.95

2 Buttercross Farm sausages, 2 bacon, mushrooms, half an oven baked tomato, baked beans, toast & your choice of poached or scrambled egg

bod Vegan Breakfast (v) £10

Beetroot falafel, spinach, roasted red pepper, tomato, mushrooms, avocado, beans & toast

bod American Breakfast £8

3 pancakes, 2 streaky bacon, scrambled egg & maple syrup

Shakshuka (v) £7.5

Eggs poached in a Mediterranean-style sauce, topped with crumbled feta and a side of oven baked ciabatta

Add Chorizo £1.5

Bacon Sandwich £6.5

Served on your choice of bread

Sausage Sandwich £6.5

Buttercross Farm Sausages. Served on your choice of bread

Halloumi & Avocado Toasted Sandwich (v) £7

Halloumi, avocado, mushrooms & sweet chilli sauce, served on your choice of toasted bread.

Swap Halloumi for Beetroot Falafel to make vegan

Breakfast Bagel £7.5

Buttercross Farm sausage, bacon, spinach, poached egg topped with sriracha sauce

Smashed Avocado on

Toast (ve) £8

Smashed avocado & pepper on toasted bread

Add Poached Eggs £1.5

Add Bacon £1.5

Eggs Florentine (v) £8

Poached eggs served on a lightly toasted English muffin with spinach & hollandaise

Add Smoked Salmon £3

Eggs Benedict £8.5

Ham & poached eggs served on a lightly toasted English muffin, with hollandaise

Pancake or Waffle Stack (v) £7

A choice of 3 pancakes or 2 waffles served with your choice of sauce

Choose from:

Berries & Chocolate Sauce (v)

Banana & Toffee Sauce (v)

Streaky Bacon & Maple Syrup

Just Eggs (v) £5.5

Poached or scrambled eggs on your choice of toast

Toasted Tea Cake £3

Vegan butter available

Just Toast £3

With your choice of jam or marmalade

Vegan butter available

Extras

Jam / Honey / Maple Syrup /
Chocolate Sauce / Marmalade

£0.75

Baked Beans / Cheddar Cheese /
Mushrooms / Tomato / Spinach

£1.25

Bacon / Sausage / Black Pudding /
Poached Eggs / Scrambled Egg

£1.5

Avocado / Smoked Salmon / Halloumi

£3

LUNCH

Served from 12pm – 6pm

Soup of the Day (v) £6.5

Served with your choice of bread

Ask about our vegan options

Chicken, Bacon & Waffles £11.5

Southern fried style chicken, streaky bacon & waffles with maple syrup served with a side of coleslaw

Crumbed Mac &

Cheese (v) £11

Topped with crumbed tortilla chips, served with garlic ciabatta

Add Bacon £1.5

Add Chicken £2

Add Chicken & Bacon £3

Butternut Squash Mac & 'Cheese' (ve) £11

Served with vegan garlic bread

SALADS

Caesar £10

With little gem lettuce, croutons, hard cheese & drizzled with Caesar dressing

Add Bacon £1.5

Add Chicken £2

Add Chicken & Bacon £3

Add Halloumi £3



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Find your local bod at:
www.bodcafebars.co.uk

• CIABATTAS •

Mozzarella & Pesto (v) £8.5
With roasted red peppers & spinach

**Chicken Tikka &
Onion Bhaji £8.5**
Served with spinach &
a side of mint yoghurt

Pulled Pork £8.5
Served with apple sauce & a side
of gravy

• WRAPS •

**Chicken, Chorizo &
Red Pepper £8.5**
With chipotle crème

**Beetroot Falafel &
Houmous(ve) £8.5**
With spinach & cucumber

Halloumi & Chipotle (v) £8.5
With red onion & mixed leaves



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• BAGELS •

Ham & Swiss Cheese £9
With mustard & tomato

Sweet Chilli Goats Cheese (v) £9
With tomato & roasted red pepper,
topped with sweet chilli sauce

BBQ Chicken £9
With streaky bacon & melted Cheddar,
topped with BBQ sauce

• SANDWICHES •

bod Club £9
Chicken, bacon, lettuce, tomato &
mayonnaise sandwiched between
three slices of your choice of
toasted bread

bod Vegan Club (ve) £8.5
Avocado, tomato, lettuce, vegan
mayonnaise & houmous
sandwiched between three slices
of your choice of toasted bread

All ciabattas, wraps, bagels &
sandwiches served with mixed leaves,
crisps & a side of coleslaw

**Upgrade your selection to come
with a side of soup for £3.5**

• ANYTIME EATS •

Available from 12pm

**Breads, Houmous
& Oils (ve) £6**
Warmed ciabatta served with
houmous, olives, oil & balsamic

Garlic Ciabatta (v) £4.5
Toasted ciabatta slices topped with
garlic butter
Add Cheddar £1.25

Nachos (v) £7.5
Tortilla chips topped with Cheddar,
guacamole, pico de gallo,
jalapeños & chipotle crème
Add Pulled Pork £3

**Cheddar Ploughman's
for one £11, to share £19**
British Cheddar, thick-cut ham,
pork pie, celery, pickle, silverskin
onions & breads

Indian Platter £15.95
Onion bhajis, vegetable samosas,
poppadoms, onion salad, mint
yoghurt, mango chutney &
warmed naan bread

Check out our counter for a range of
locally sourced and homemade sweet
& savoury treats!

Why not sample
our superb range
of Titanic beers
available at every
bod venue.



Gluten Free? Many of our dishes can be amended so that they are suitable for you. Just let us know when ordering
(v) Suitable for vegetarians, (ve) suitable for vegans, (gf) gluten free. We take the issue of food allergies and intolerances seriously. If you have any concerns about the presence of allergens in any of our menu items, please ask a member of staff who will be happy to help you. A more detailed menu including food allergies and our food ingredients is available on request. All fish dishes may contain bones. All weights are uncooked. Whilst we take every care to preserve the integrity of our vegetarian/vegan products we must advise that these products are handled in a multi-kitchen environment. Due to the way we prepare our food we cannot guarantee that our products do not contain any traces of allergens, and as such we do not make "free from" claims with any menu item.

LITTLE bod

CAFÉ BARS

MENU

Whether you're treating the kids to breakfast or lunch, or you just don't have much of an appetite, our Little bod menu is available for everyone to enjoy!

All little bod meals are half price when purchased with a main menu item **(Monday - Friday)**

★ BREAKFAST ★

Served until 12pm

Little bod Breakfast £6

Buttercross Farm sausage, bacon, baked beans, toast & your choice of poached or scrambled egg

Little bod Vegan Breakfast (ve) £6

Beetroot falafel, tomato, mushrooms, avocado, beans & toast

Little bod American Breakfast £5.5

Duo of pancakes, streaky bacon, scrambled egg & maple syrup

Little bod Bacon Sandwich £4.5

Served on your choice of bread

Little bod Sausage Sandwich £4.5

Buttercross Farm sausages. Served on your choice of bread

Little bod Houmous & Avocado Sandwich (ve) £4.5

Served on your choice of bread

Little bod Pancake or Waffle Stack £4.5

A choice of a duo of pancakes or a waffle

Choose from:

Berries & Chocolate Sauce (v)

Banana & Toffee Sauce (v)

Streaky Bacon & Maple Syrup

Little bod Just Eggs (v) £4.5

Poached or scrambled eggs on your choice of toast

Little bod Just Toast £1.5

Vegan butter available

Little bod Beans on Toast (ve) £2.75

Served on your choice of toasted bread

Extras

Jam / Honey / Maple Syrup /
Chocolate Sauce / Marmalade

£0.75

Baked Beans / Cheddar Cheese /
Mushrooms / Tomato / Spinach

£1.25

Bacon / Sausage / Black Pudding /
Poached Eggs / Scrambled Egg

£1.5

Avocado / Smoked Salmon / Halloumi

£3

★ LUNCH ★

Served 12pm - 6pm

Little bod Soup £3.5

Served with your choice of bread & butter

Ask about our vegan options

Little bod Tomato Pasta (v) £6

Pasta in a Mediterranean style sauce, served with garlic ciabatta

Add Bacon £1.5

Add Chicken £2

Add Chicken & Bacon £3

Little bod Mac & Cheese £6

Topped with crumbed tortilla chips, served with garlic ciabatta

Add Bacon £1.5

Add Chicken £2

Add Chicken & Bacon £3

Little bod Butternut Squash

Mac & 'Cheese' (ve) £6

Served with vegan garlic bread

Little bod Pizza Bagel £5

Topped with melted Cheddar,

Served with crisps

Add Ham £1.5

Little bod Club £5

Chicken, bacon, lettuce & tomato sandwiched between two slices of your choice of toasted bread. Served with crisps and a side of coleslaw

Little bod Sandwiches

Served with crisps and a side of coleslaw

Ham Sandwich £4.5

Swiss Cheese Sandwich (v) £4.5

Ham & Swiss Cheese Sandwich £4.5

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WINE LIST

A glass to enjoy, a bottle to share, or perhaps something sparkling to celebrate? Our carefully selected wine list has something for everyone to enjoy.

Prosecco

Le Contesse

Italy / 11% / £6.45 (20cl)

Dea Del Mare

Italy / 11% / £29.95 (75cl)

**Turn over for
more drinks and
our Anytime Eats**

White Wine

Bottle / 125ml / 175ml / 250ml

Dea Del Mare Pinot Grigio

Italy / 12.5% £19.95 / £3.90 / £4.80 / £6.70

Mountain Range Sauvignon Blanc

Chile / 12% £19.95 / £3.90 / £4.80 / £6.70

De Bortoli Chardonnay

Australia / 12.5% £19.95 / £3.90 / £4.80 / £6.70

Wild River Sauvignon Blanc

New Zealand / 13% £26.00 / £4.90 / £6.30 / £8.70

Neirano Gavi DCG

Italy / 12.5% £29.95

Rose Wine

Bottle / 125ml / 175ml / 250ml

Rugged Ridge Zinfandel

USA / 11% £19.95 / £3.90 / £4.80 / £6.70

Dea Del Mare Pinot Blush

Italy / 12% £19.95 / £3.90 / £4.80 / £6.70

Red Wine

Bottle / 125ml / 175ml / 250ml

CYT Merlot

Chile / 12% £19.95 / £3.90 / £4.80 / £6.70

De Bortoli Shiraz

Australia / 13.5% £19.95 / £3.90 / £4.80 / £6.70

Trivento Reserve Malbec

Argentina / 13.5% £24.95 / £4.65 / £6.00 / £8.35

Gloriosa Rioja

Spain / 14% £29.95

Peckish? Check out our counter for a range of locally sourced, homemade sweet & savoury treats!

BEERS

At bod you'll always find a great selection of craft beers and real ales from Titanic Brewery and other local brewers. Here are the beers that are always available, ask at the bar for today's guests.

TITANIC CASK

Plum Porter - 4.9%

Steerage Pale Ale - 3.8%

Iceberg Extra Pale - 4.1%

TITANIC KEG

Two:20 Lager - 4.0%

Anytime IPA - 4.5%

True Stout - 4.5%

KEG

Madri Excepcional - 4.6%

Birra Moretti - 4.6%

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Available to order at the counter every day until close

Breads, Houmous & Oils (ve) £6

Warmed ciabatta served with houmous, olives, oil & balsamic

Garlic Ciabatta (v) £4.5

Toasted ciabatta slices topped with garlic butter.

Add Cheddar £1.25

Roast Potatoes (ve/gf) £4

With a pot of gravy for dipping

Pigs in Blankets £5.5

With gravy and cranberry sauce

Nachos (v) £7.5

Tortilla chips topped with Cheddar, guacamole, pico de gallo, jalapeños and chipotle crème

Add Pulled Pork £3

Cheddar Ploughman's

For one £11, to share £19

British Cheddar, thick-cut ham, pork pie, celery, pickle, silverskin onions & breads

Indian Sharer Selection £15.95

Onion bhajis, vegetable samosas, poppadoms, onion salad, mint yoghurt, mango chutney & warmed naan bread