



# BREAKING THE FAST

SERVED FROM 10 AM UNTIL 12 PM

PLEASE FIND A TABLE AND PLACE YOUR ORDER AT THE COUNTER.

## FAST BREAKER FAVOURITES

**A Sound Way to Break the Fast** 11.95  
*two rashers of bacon, two Manx pork sausages, black pudding, two fried eggs served with baked beans, sautéed mushrooms, grilled tomato & toast*

**Scrambled Eggs & Smashed Avocado** 9.95  
*served on toasted Ross Bakery sourdough*  
Add smoked salmon for £4

**Breakfast Burrito** 9.00  
*bacon, sausage, scrambled egg & black pudding & optional hot sauce*  
add cheese for £1.25

**Veggie Breakfast Burrito** 8.00  
*scrambled egg, mushroom, avocado & tomato*

**Smoked Salmon & Cream Cheese Bagel** 9.75  
*choice of Ross Bakery sesame, poppy seed or plain bagel*

**The Meat Free Option** 9.50  
*buttered toast, sautéed mushrooms, grilled tomatoes, baked beans, home fries & a couple of fried eggs*

**Please note that any substitution of items on our breakfasts may incur an additional charge. In some (but not all) cases, gluten free & dairy free alternates are available on request. Please allow a little extra time in these instances.**

## SMALLER FAST BREAKERS

**Truly Petit Dejeuner** 7.95  
*one bacon, one sausage, one egg served with black pudding, baked beans, half a grilled tomato, sautéed mushrooms & toast*

**Toastily Eggscellent** 5.75  
*your choice of fried or scrambled eggs served on buttered toast*

**"I Just Fancy A" Bacon Bap** 7.50  
*four rashers of back bacon served in a toasted bun*

**"Gimme A" Sausage Bap** 7.50  
*thick Manx pork sausages served in a toasted bun*

## EXTRAS

**Add any of the following extras to your fast breaker:**

Two rashers of bacon 3.95

Two Manx pork sausages 3.95

Two fried eggs 2.50

Sautéed mushrooms 1.25

Baked beans .95

Toast 1.00

Black pudding 1.50

Home Fries 2.95



# SOUND

café

At the Sound Café, we are striving to use only the finest locally sourced ingredients. All of our food is freshly made to order and consequently, there may be a delay during busy periods. We want to make your visit to the Sound Café an enjoyable and memorable experience, so please talk to us and let us know if there is anything we can do to improve your visit. Allergen information available on request.



Faith erriu "Welcome"  
to one of the most stunning  
coastal locations on the Island!

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## SOUND CAFÉ FAVOURITES

**12 oz. Gammon Steak** 13.95  
*served with grilled tomato, sautéed mushrooms, fried eggs & thick chips*

**6oz Manx Steak Burger** 13.95  
*topped with cheese & bacon served in a lightly toasted bun with lettuce & sliced vine tomato served with a side of french fries*

double up! add an extra burger for 3.50  
add mushrooms for 1.25

**Hot Chicken & Bacon Sandwich** 13.95  
*breast of chicken topped with bacon, lettuce, tomato & spicy mayo served in a lightly toasted bun with a side of french fries*

**Coconut Cauliflower, Broccoli & Chickpea Curry** 11.95  
*served with Naan & steamed rice (vegan)*

**Hot Steak Sandwich** 13.95  
*sliced pan-fried rump steak with mushrooms & onions in a toasted bun served with a side of french fries*

**Spinach & Chickpea Burger** 11.95  
*topped with cheese served in a toasted brioche with lettuce & tomato & a side of sweet potato fries. (vegan)*

## SEAFOOD

**Freshly Battered Cod Fillet** 13.95  
*served with thick chips, mushy peas, lemon wedges & tartare sauce*

**Fish Po'boy** 12.95  
*deep fried cod fillet in a toasted bun with lettuce, tomato & spicy mayonnaise served with a side of french fries*

**Queenies "Old School"** 15.95/9.95  
*classic Manx queen scallops cooked with bacon, garlic & lots of butter served with crusty bread & salad garnish*

**Chef's Fish Chowder** 9.50  
*served with crusty bread*

**Manx Kipper Bap** 7.95  
*served with a salad garnish*

## SPECIAL DEALS

**OAP Special:** Any 2 Smaller Appetite  
2 for £15 meals including tea/coffee

**Sandwich & Small Soup** £7.50

## SMALLER APPETITES

**Fresh Battered Cod Fillet with Chips** 8.50

**Local Pork Sausage & Fried Egg with Chips** 7.95

**Ham, Egg & Chips** 8.50

## DAILY SPECIALS

**Homemade Soup of the Day** 6.00  
*served with a slice of baguette*

Have you  
seen our  
daily  
specials  
board?

## SIDES

**Thick Chips** 3.50

**Side Salad** 3.95

**Bread & Butter** 1.25

**House Coleslaw** 1.50

**French Fries** 3.25

**Sweet Potato Fries** 3.95

## SOMETHING SWEET

**Homemade Cakes** from 3.50  
*large range of homemade cakes all displayed*  
add a scoop of Davison's ice cream for 2.00

**Toasted Ross Bakery Tea Cakes** 2.95  
*served with jam and butter*

**Scone**  
*made fresh every morning, so when its scone its scone!*  
with butter 3.25  
with jam & cream 3.75

**From the kitchen:**

**Lemon Meringue** 6.50

**Sticky Toffee Pudding** 6.50



## QUICK BITES

### A FEW OF OUR FAVOURITES

**Sound Eggs, Ham & Chips** 10.95

**Fried Eggs, Thick Local Pork Sausages & Chips** 9.95

### OMELETTES

*all served with thick chips & a salad garnish*

**Manx Mature Cheddar & House Roast Ham** 9.95

**Manx Mature Cheddar & Sautéed Mushrooms** 9.95

### FRESHLY BAKED POTATOES

**Prawn** 9.95

**Tuna Mayonnaise** 8.95

**Manx Mature Cheddar n' Beans** 8.95

**Manx Mature Cheddar** 8.95

**Plain with Butter** 7.95

### FRESHLY MADE SANDWICHES

*These are served on brown or white Manx bread with Manx butter. All are available as a baguette for an extra 1.00.*

**Prawn Marie Rose** 8.50

**House Roast Ham** 6.95

**Fresh Crab** 6.95

**Tuna Mayonnaise** 6.95

**Manx Mature Cheddar & Tomato** 6.50

**Egg Mayonnaise** 5.50

### FRESHLY MADE BAGELS

*served on Ross Bakery bagels*

**The Sound Bagel (salmon & cream cheese)** 9.75

**Tuna Melt** 8.95

**Brie & Bacon** 8.95

**Brie & Mushroom** 8.95

### TOASTIES & HOT SANDWICHES

All toasties & hot sandwiches are 7.50

**Manx Mature Cheddar & House Roast Ham**

**Manx Mature Cheddar, Sliced Vine Tomato & Red Onion**

**Manx Pork Sausages in a Bun**

**Manx Back Bacon in a Bun**

**Manx Mature Cheddar & Sautéed Mushrooms**

## TO WASH IT DOWN

### COFFEE

**Latte** 3.25

**Cappuccino** 3.25

**Flat White** 3.25

**Mocha** 3.25

**Latte Macchiato** 3.25

**Americano** 3.15

**Espresso** double 3.00  
single 1.60

**Filter Coffee** 2.75

Add cream & syrups for .60 extra

### TEA

**Freshly Brewed Fairy Bridge Tea** 2.75

**Herbal Teas** 3.00

*Earl Grey, Peppermint, Green, Green Tea with Jasmine, Orange & Ginger, Lemongrass & Ginger, Berry, Chamomile*

### OTHER BARISTA DRINKS

**Hot Chocolate** 3.50

with cream & marshmallows 4.35

**Chai Latte** 3.50

**Milk Shake** 4.35

*Includes a scoop of Davison's ice cream. Choose from chocolate, strawberry, banana or vanilla.*

### OTHER DRINKS

**Soft Drink Can** 330 ml from 2.25  
*other soft drinks available, priced in the fridge*

**Cold Manx Milk** 2.20

### WINE

**Individual Bottles, 187 ml** 5.25

Merlot

Shiraz

White Zinfandel

Chardonnay

Sauvignon Blanc

Pinot Grigio

### BEER

**Peroni, 300 ml bottle** 4.50

**Corona, 300 ml bottle** 4.50

**Magners, 568 ml can** 4.50

**Rekordling, 500 ml bottle** 4.50

**Manx Dry Cider, 330 ml bottle** 4.75

**Bushys Ale, 500 ml bottle** 4.75