



BOLTON



How To Make an RF Method



CREAM together 150g of Passion
and dedication

To the mixture **CRACK** in the support
of 5 family members

~MIX Well~

SIFT 150g of self belief and **FOLD**
it all in

BAKE in the oven at 180°C until you
gain a golden **UNIVERSITY DEGREE!**



How to Decorate ☺

Cream together your ideas and
creativity

Whisk in your final touches to make
it perfect



Onto the cake, pipe on Staff you can call family
And for the cherry on top: Our loyal customers

Light Bites

Smoothie bowl (V)	7.0
Want to boost your day? Try our mix berry smoothie bowl topped with granola, nuts & berries.	
Fruit bowl (V)	6.0
Seasonal fruits with drizzled honey & toasted nuts.	
Hummus (V)	5.5
Spicy olive drizzle on our creamy hummus served with warm bread.	
Halloumi Sticks (V)	5.0
Breaded halloumi sticks served with herbed tomato dip.	
Crispy Chicken Strips	6.5
Made in house buttermilk crispy chicken strips (4)	
Minature Cheese and Tomato Croissants (V)	5.0
Buttered hot mini croissants with cheese & fresh tomatoes (4)	
Samosa Chaat (V) ☺	6.5
Traditional Indian street food with an RF twist. A sweet, tangy & savoury sensation.	
Spicy Sticky Tenders (GF) ☺ 🌶️	7.0
Crispy Tenders made with a secret tangy RF sauce topped with sesame seeds (4)	
Veg Samosa (V)	5.5
Large home made samosas filled with mix veg served with chutney (3)	
Paprika Tacos (New) (Vegan)	7.0
Seasoned kidney beans with mix spicy salad, lettuce, guacamole & mint sauce (2)	
Sweet Chilli Prawns (New)	7.5
Breaded crispy fried prawns served with a sweet, spicy & tangy dip.	

Salads

Falafel Salad (Vegan) (GF)	8.0
Sliced cucumbers, tomatoes, seasoned chickpeas, falafel with lemon and oregano dressed with olive oil	
+ Grilled/Crispy Chicken	+2.5
RF Fattoush Salad (GF)	9.5
Chopped avocado, lettuce, onions, cucumber, cherry tomatoes, grilled chicken, parsley, chilli power dressed in honey mustard and olive oil.	

Perfect Brunch
With
My Bunch!

(V) Vegetarian

(GF) Gluten Free

☺ Most Popular

🌶️ Spicy Dish

All Day Brunch

Eggs Florentine (V) ☺	8.5
Two poached eggs, spinach, chilli & fresh hollandaise sauce on an english muffin. + Crispy Tender Chicken / Smoked Salmon	+2.5
Smashed Avocado (V) ☺	9.0
Seasoned smashed avocado served on sourdough with two poached eggs, chilli & roasted tomatoes. + Crispy Tender Chicken / Smoked Salmon	+2.5
Morrocان Avo (V)	9.5
Seasoned avo served on sourdough, with fried eggs & chilli chickpeas	
English Breakfast	10.5
Seasoned eggs (of your choice), toast, beans, hash browns, sausages, mushrooms & a cup of English tea + Turkey Rashers	+2.5
Veggie Breakfast (New) (V)	10.5
Seasoned eggs (of your choice), toast, beans, hash browns, halloumi, mushrooms & a cup of English tea	
Indian Thaal (V)	11.0
Masala burji (egg) made with the finest Indian spices served with paratha, Bombay potatoes, mango pulp, masala beans & a cup of desi chai.	
Chicken Croissant (V) ☺	10.0
Soft scrambled eggs with creamy mushroom sauce, crispy chicken and hollandaise sauce in freshly baked buttered croissants.	
Stuffed Croissant (V)	8.5
Freshly cooked scrambled eggs with creamy mushroom sauce & rocket stuffed in freshly baked buttered croissant.	
Shakshuka (V)	10.5
Hugely popular Middle Eastern dish, eggs centred in a perfectly spiced vegetarian stew of tomatoes, peppers & onions. Served with flatbread.	
Desi Breakfast Special (New)	11.0
Cheesy desi omllette stacked on top of 2 hashbrowns, 2 chicken sausages, 2 slices of grilled chicken and topped with masala beans.	
<h2>Big Bites</h2>	
C & C Roll ☺	9.5
Our delicious in-house marinated sesame chicken, with jalapenos, spicy mayo & salad served in a soft brown baguette.	
Mumbai Sandwich ☺	10.0
Golden brown toasted sandwich with vibrant coriander chutney, Cajun grilled chicken, layers of mix spicy onion salad & a hell load of cheese! + Egg	+1.5
Chinese Egg Fried Rice with Spicy Chicken ☺ 🌶️	12.0
Hafejeez style egg fried rice with spicy & sticky boneless chicken =IYKYK	
Mozzarella Flatbread	10
Oven baked flat bread with a choice of 3 toppings (Chicken, jalapeno, mushrooms, spinach, onions & peppers.)	
Chicken Peri Lasagne ☺	10.5
Peri lasagne served with garlic bread & a choice of mash or fries.	
Shawarma ☺ 🌶️	10.5
Chicken shawarma marinated in a peri sauce topped with mix salad and mint sauce. Served on a garlic naan or fries.	
Chick 'N' Smash (GF)	10.5
Seasoned grilled Cajun chicken, with mix vegetables, creamy mash & bechamel sauce.	
Its a Wrap! (New)	9.5
Beetroot falafels, creamy hummus, mixed salad, lettuce & mint yogurt sauce served with a side of fries.	
Powerhouse Burger (1 slider)	10.5
Crispy chicken, cheese nuggers, grilled chicken, sautéed onions, cheese, salad & sweet chilli sauce served with a side of skin on fries. + Fried Egg	+1.5

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RF Sliders

All our burgers are made in house with the finest ingredients & are served as a set of 3 in our brioche buns with cheese, salad & a side of fries.

Beef	10.0
Ultimate juicy beef patty (slightly pinkish), cheese, salad, sautéed onions, tomato	
Grilled Chicken	10.0
Spicy Cajun grilled chicken, cheese, salad, sautéed onions, tomato	
Crispy Chicken	10.0
Crispy buttermilk fried chicken, jalapenos, salad, tomato	
Samosa (V)	10.0
Mix Vegetable Samosa with hollandaise sauce, coriander, jalapenos	
Falafel (V)	10.0
Beetroot falafels, hummus, salad, mint sauce	
Mix & Match	11.0
We love to spoil at RF. Pick your choice of 3 sliders	

Pies

All served with garlic bread & a choice of creamy mash or fries

Meat & Potato (served with gravy) ☹️	10.5
Cheese & Onion (served with beans) (V)	9.5
Veg Masala (served with gravy) (V)	9.5

Pasta

Linguine (V)	8.5
Creamy mushroom pasta, sun blushed tomatoes, feta cheese & basil + Chicken +2.5	
Chicken Rigatoni ☹️	10.0
Made with our secret spicy tomato & lemon sauce, basil & garlic topped with chicken strips	
Wok it, Stir it (New)	10.0
Stir fry noodles with spices, grilled onions & peppers. Choose your option of grilled chicken or halloumi.	

Its got
to be
RF :)

Sides

Fries	3.0	Egg (Fried)	1.5
Cheesy Fries	4.0	Smoked Salmon	2.5
Hollandaise	2.0	Naan	1.5
Smashed Avocado	3.0	Mash	1.5
Cheese	1.0	Paratha	1.0
Veg Gravy	2.0	Toast	1.0
Grated Cheese	1.5	Fresh Chillis	1.0

Afternoon Tea

Served with two cups of tea or coffee (Desi/English) of your choice. Upgrade to two mocktails for £3

East meets west inspired afternoon tea (serves 2)

32

Selection of bites

- Your choice of 2 sliders
- Cheese & tomato mini croissants ^(V)
- Chicken tender pieces with dipping sauce
- Samosa chaat ^(V)

Scones

Freshly made in house scones served with clotted cream & raspberry conserve

Tea Delights

Four Assorted Delights



Tray Bakes

Queen of cakes

Moist vanilla sponge layered with fresh cream & raspberry compote.

6.5

K's kake

Dreamy chocolate ganache sandwiched in-between the fluffiest chocolate sponge.

6.5

Crowd Pleaser ^(New)

Everyone's favourite, Tiramisu.

7.0

Pancakes & French Toast

RF Classic Pancake [☺]

Milk chocolate, strawberries, mix berries & vanilla ice cream

8.5

White Berry Pancake

White chocolate, banana, blue berries, nut crumble & vanilla ice cream

8.5

RF Brioche French Toast [☺]

Milk chocolate, Caramelised banana, salted caramel, nut crumble & vanilla ice cream

8.5

Summer Berry French Toast

Milk chocolate, berry compote, mix berries, strawberries & vanilla ice cream

8.5

Tiramisu French Toast ^(New)

Coffee soaked sponge, caramel & coffee sauce & vanilla ice-cream

8.5

Build Your Own

Pancake / French toast with your choice of sauce, 2 toppings & vanilla ice cream.

8.5

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 Spicy Dish

Up-to-Date Classics

Frais - our oven baked hot sponge with your choice of toppings **7.5**
 Step 1. Choose your hot sponge - Vanilla | Chocolate
 Step 2. Choose your insert - Berry compote | Chocolate sauce
 Step 3. Choose your side - Hot custard | Vanilla ice cream

Milk cake - ask staff for today's special 🍷 **7.0**
 Simple, old fashioned soaked cake, moist & wonderfully tasty

Pull Me Up Cake - ask staff for today's special (New) **7.5**
 Simply decadent, Give it a try & you will be back for more

Chocolate Churros **6.0**
 Golden brown and crisp, rolled in sugared cinnamon served with melted Belgian chocolate for dipping

Ice over (Frozen vanilla cheesecake) **7.0**
Milk Rocher Belgian milk sauce & toasted nuts
White coconut Belgian white sauce & crushed rafaello
Berry Biscoff Lotus spread & fresh berries
Raspberry cream Raspberry compote & white chocolate

Birthday Cake - Lets Celebrate! **7.5**
 Shh it's a surprise!

Drinks

(Alternative milks available)

Coffee

Americano	2.5
Cafe Latte	3.0
Cappuccino	3.0
Mocha	4.0
White Mocha	4.0
Espresso	2.3
Chai latte	4.0
Iced coffee	3.5
Extra syrup	0.5

Tea

Masala chai	3.5
English breakfast tea	2.5
Peppermint Tea	2.5
Green Tea	2.5
Earl grey Tea	2.5
Strawberry & Raspberry Tea	2.5

Hot Chocolate **4.5**
Our in house special Belgian milk or white hot chocolate with cream
 Add caramel / mint / hazelnut **+50p**

Iced Smoothies **5.0**
Summer Fruit | Strawberry & Banana | Mango & Passio
Blueberry & Blackberry | Pineapple & Passion

Mocktails 🍷 **5.0**
Cherry & Lime | Apple & Kiwi | Watermelon & Raspberry | Raspberry & Apple
Raspberry & Lime | Strawberry & Lime | Mango & Passion

Frappes **5.0**
Caramel | Espresso | Mocha | Double Chocolate | Vanilla / Strawberry & Cream

Soft Drinks

Orange juice - freshly squeezed	3.5
Soft drinks - coke diet coke sprite Fanta j2o	2.5
Still water	1.5

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Kids Menu

Breakfast	4.5
Eggs (of your choice), toast & beans	
Mains	4.5
Penne Pasta - white sauce or red sauce	
Grilled Chicken & Mash	
Burger & fries (Beef or Grilled)	
Desserts	3.5
Chocolate croissants	
Fruit bowl	
Vanilla Ice Cream Sundae (Fresh Strawberries and sprinkles)	
Drinks	1.5
Capri-sun	1.5
Milk	

Kids Rule
OK!

