

MENU



BREAKFAST (Served all day)		CAFE OPENING TIMES		
Full Breakfast 2 rashers of bacon, 2 sausages, 2 eggs,	£ 5.30	Monday	9am -	3pm
beans, tomato, mushroomss and 2 slices of toast		Tuesday	9am -	3pm
		Wednesday	9am -	3pm
Vegan Breakfast (ve)	£ 4.80	Thursday	9am -	3pm
2 vegan sausages, beans, tomato, mushrooms and 2 slices of toast.		Friday	9am -	3pm
Light Breakfast 1 rasher of bacon, 1 sausage, 1 egg, beans and 1 slice of toast.	£ 3.90	PLEASE NOTE: LAST HOT FOOD ORDERES ARE 30 MINUTES BEFORE CLOSING		
Healthy Breakfast Poached egg, avocado and spinach on		Stack of 3 Pancal Bacon and Maple Syrup Fruit options available.		£ 3.90
toast.	£ 3.60	Porridge An optional topping of Syrup or Fruit	f Cinnamon,	£ 2.80 Add 50p
3 Egg Omelette Mushroom/cheese/peppers/chicken/ spinach (v),	Add 50p per filling	Toasted teacake, bagel.	, crumpet or	£ 1.60
Bacon or Sausage Sandwich Vegan sausage available upon request.	£ 3.70	2 slices of Toast Add Jam for Toast	and Butter	£ 1.20 Add 50p
Cheese on toast Made with Cheddar Cheese.	£ 3.50	Milk alternatives available for butter, porridge and pancakes. Please ask a member of staff.		
Eggs on toast 2 eggs - Poached/Fried/Scrambled	£ 3.50	By visiting our Café you're helping to make a difference.		
Beans on Toast Simple and tasty	£ 3.00	All profits from this Café help to support the Mental Health and Wellbeing of our communities. Thank You		

We welcome any feedback and review.









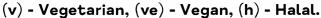




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MENU



LUNCH (Served from 11am)		SEE OUR SPECIALS BOARD	
Soup of the day (v) Freshly homemade, please ask at the counter. Add a breadroll.	£ 2.95 50p	Meal of the day £ 4.50 Please see a member of staff for todays choice.	
Cheese and Onion Pie (v)	£ 4.50	Cake and Custard £ 2.50 Please see a member of staff for todays choice.	
Freshly baked with cheddar cheese and sautéed onions in a handroll short crust pastry. Served with choice of mash/salad/wedges.		Afternoon Tea Special £ 10.50 A mouth-watering selection of per person sandwiches, scones, cakes and choice	
Pan-Fried Vegetable Noodles (ve) Peppers, mushrooms and onion in a	£ 4.00	of hot drink. Vegan options available.	
stir-fry sauce with noodles. Add chicken.	£ 1.50	Please see a member of staff and allow 48hrs notice.	
Chicken and Bacon Ceasar Salad	£ 4.30	EXTRAS	
A classic chicken salad recipe, featuring fresh crispy lettuce and a creamy garlic dressing.		Potato Wedges £ 1.50 Crisp and moreish.	
Fish Finger Sandwich Fish fingers between two soft buttered	£ 3.70	Side salad 70p Add a fresh side salad to any meal	
slices of bread, topped with tangy tartar sauce.		Homemade Coleslaw 50p Food description here, please explain the ingredients, details, etc	
Sausage, Wedges and Beans	£ 4.00		
A succulent pork sausage served with seasoned wedges or mashed potato and a large spoonful of beans.		We couldn't do the vital work we do without our volunteers, take a look at our latest	
Vegan option available upon request.		opportunities (1) SCAN ME	

We welcome any feedback and review.







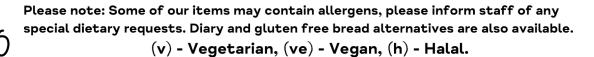














LUNCHES

Selection of fresh breads available including gluten free options.

SANDWICHES		WRAPS/PANINI/ TOASTIE	JACKETS
Cheese (v)	£ 3.20	£ 3.50	£ 4.00
Just Chicken, Ham or Tuna	£ 3.50 eese 30p Extra	£ 3.80	£ 4.20
Flavored Chicken (h) Choose from BBQ or Peri Peri, Cajun or Sweet Chilli	£ 3.70	£ 4.00	£ 4.30
Steak Canadian With Caramelized Onions.	£ 4.00	£ 4.30	£ 4.50
Ham and Cheese	£ 3.50	£ 4.10	£ 4.40
BLT Bacon, Lettice and Tomato	£ 3.80	£ 4.10	£ 4.40



Your support means a lot to us and every penny makes a difference. Scan here to visit our donations page.

All support contributes to our Mental Health and Wellbeing Services.



We welcome any feedback and review.













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Please note: Some of our items may contain allergens, please inform staff of any special dietary requests. Diary and gluten free bread alternatives are also available. (v) - Vegetarian, (ve) - Vegan, (h) - Halal.



DRINKS



HOT DRINKS		COLD DRINKS	
Latte	£ 2.90	All our smoothies and milkshakes can be made Vegan upon request.	
Cappuccino	£ 2.90	Mango Smoothie Mango, Mango juice, lemon	£ 3.00
Americano	£ 2.60	juice, soft brown sugar.	
Mocha	£ 3.00	Very Berry Smoothie	£ 3.00
Syrups available on request	40p a shot	Strawberries, raspberries and milk.	
Nescafe	£ 1.80	Strawberry and Banana Smoothie Strawberries, bannana and milk.	£ 3.00
Tea	£ 1.60	Milkshakes Strawberry, Banana or Chocolate	£ 3.00
Fruit Tea	£ 1.60	ottawaetry, Bariana er enecetate	
Selection available.		Bottled Drinks	£ 1.40
Hot Chocolate	£ 2.90	Bottled Water	£ 1.00
Add cream and marshmallows	50p extra	Canned Drinks	£ 1.10
Decaf and milk alternatives		Fresh Orange	£ 1.50
available for all drinks.		Thirsty's	£ 1.00
SWEET AN	ID	Chocolate Bars	85p
SAVOURY SNACKS		Selections of cakes	Ask for Prices

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