

Welcome! We are a not-for-profit café providing employment to individuals with learning disability. Food is freshly prepared so requests are welcome.

COLD FOOD

Baguettes, Sandwiches & Rolls

with a choice of fillings

Choice of brown or white **Sandwiches, Roll,** white **Baguette** or **Gluten-free bread** with butter, salad garnish and choice of fillings: Cheese, Ham, Cheese & Ham, Tuna Mayo **£3.50** BLT, Sausage, Bacon & Avocado **£4.50** Flora, mayo or plain on request

Crisps

Sea salt, Cheese & onion, Salt & vinegar
Gluten free and Vegan Crisps:
 Lentil Sea salt, Hummus Sea salt
 All **£1**

Strive Meal Deal

Filled sandwich option with cold drink and packet of crisps
£4.50 or £5.50 (depending on filling)



See our Daily Specials Board and Cake & Dessert menu

We are NOT a nut-free environment

Please speak with the Manager about any allergies before ordering

DRINKS

Hot drinks



Mug of Tea any flavour: PG Tips, Earl Grey, Mint, Tea Pigs Chai, Jasmine, Chamomile, Blueberry & Blackcurrant, Salted Caramel, Lemon & Ginger, Strawberry & Raspberry, Chocolate & Coconut, Green **£1.50**
Small Teapot £2 Large Teapot £3

Coffees: Americano, Flat White, Cappuccino **£2**
 Latte, Mocha, Macchiato **£2.50**
 Espresso **£1.50** Double Espresso **£2**

Hot Chocolate £2.50 Luxury version with Marshmallows & Cream **£3**

Syrups: Caramel, Gingerbread, Vanilla, Hazelnut, Salted Caramel **+50p**

Milks: Soya, Oat, Almond, Coconut **+50p**

Cold Drinks

Fizzy drinks: Coke, Diet Coke, Sprite, Fanta, Sparkling Water **£1.50**

Still water £1.50

Juice: Apple, Orange, Cranberry **£1.50**

Cowboy Cocktail Juice: Mucho Mango, Fruit Punch, Strawberry Lemonade **£2**

Oasis: Summer Fruit, Blackcurrant & Apple **£1.50**

Sparkling Elderflower £2 Ginger Beer £2

Iced tea: Original Tea with Honey, Pomegranite Green Tea, Blueberry White Tea **£1.50**

HOT FOOD

Main Meals

Baked potato with salad garnish and choice of filling: Cheese, Ham, Cheese & Ham, Baked Beans, Tuna Mayo £4.50
BLT, Bacon & Avocado, Sausage, £5.50

Panini with salad garnish & choice of filling: Cheese, Ham, Cheese & Ham, Tuna Mayo £3.50
BLT, Sausage, Bacon & Avocado £4.50

Toasties: any combo of cheese, ham, tuna, tomato, white or brown bread with salad garnish and crisps £5

Avocado on toast with tomato or mushrooms topped with basil and parmesan cheese
1 slice £4, 2 slices £6

Ham, egg & chips £5.50

Ham & salad £5

Vegan sausage in a roll £4

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Sides

Chips £2, **Garlic bread** £2

Side salad £2.50

Baked Beans, Coleslaw 50p

Avocado £1

All-day breakfast options

Full Cooked Breakfast: 2 rashers of Bacon, Jamie's prize-winning Sausage or Vegan Sausage, Fried Egg, Mushrooms, Tomato, Beans, Hash brown £7.00

Mix & Match breakfast items:
Mushrooms, Egg, Beans, Tomato 50p each, Toast with butter, Black Pudding, Bacon or Hash Brown £1 each, Sausage or Vegan Sausage £1.50 each

Jamie's prize-winning **Sausage in a roll** £4

Bacon rashers in a roll £4

Poached eggs on two toast £3.50

Poached egg on toast with avocado

2 slices £5, 1 slice £3.50

Beans on toast 2 slices £4

Toast with butter 1 slice £1, 2 slices £1.50

Toasted teacake with butter £2

Condiments: Jam, Honey, Marmite or home-made Marmalade 50p

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100% of tips shared equally between staff on shift

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