



## Menu Samples

We are **Gluten Free** accredited venue and gluten free versions of our meals are always available – just ask a member of staff. To avoid cross contamination, all **Gluten Free** hot dishes, sandwiches, salads and cakes are prepared in a dedicated controlled environment.

**Hot food is served between 11:30 – 14:15.**

**Soup** - A freshly made soup served with a bread roll is available daily, flavours vary each day but include:

- Pea, Mint and Spring Onion (v) (GF)
- Tomato and Sweet Pepper Soup (v) (GF)
- Spiced Carrot and Lentil Soup (v) (GF)

### Sample Daily Specials

- Spaghetti Bolognese with Fresh Parmesan Cheese (GF)
- Massiman Beef Curry with Coconut Rice and Mango Chutney (GF)
- Sweet and Sour Chicken with Egg Fried Rice (GF)

### Sample Daily Vegetarian Specials

- Mediterranean Vegetable Lasagne with Salads (v) (GF)
- Mushroom, Butternut Squash and Spinach Curry, with Coconut Rice, and Mango Chutney (v) (GF)
- Baked Sweet Pepper filled with Sweet and Sour Vegetables and Egg Fried Rice (GF)

### Children's meals

Children's meals are always available on request. Just speak to a member of staff who will be happy to help. Children's meal options include:

- A smaller portion of the daily special (GF option available)
- Pizza, chicken nuggets or sausages, served with chips and baked beans
- Children's box lunch containing sandwich, Pom Bears, fruit, Freddo and a Babybel. (GF option made up on request)



**Cakes** – A range of freshly baked cakes are available daily and vary over the week from the selection detailed below:

- |  |                             |
|--|-----------------------------|
| Chocolate brownies (GF)                | Cherry and sultana flapjack |
| Coffee, chocolate and walnut cake (GF) | Cherry and coconut          |
| Lemon drizzle (GF)                     | Fruit cake                  |

## Café Price List

### Main Meals

Daily Specials	£7.30
Children's Meals	£4.50
Children's Lunch Box	£4.50
Baked Potato (Cheese)	£4.95
Baked Potato (Salad/Tuna)	£5.95
Soup	£3.90
Sandwiches	£3.60

### Cakes & Confectionery

Cakes	£2.00-£2.60
Chocolate	£0.80
Biscuits	£0.75
Real Crisps	£1.00
Pom Bear (GF)	£0.70

Red Wine	£4.10
White Wine	£4.10

### Beverages

Cappuccino	£2.00
Black	£1.95
Espresso	£1.50
Flavours	
Tea	£1.65
Herbal Tea	£1.75
Hot Chocolate	£2.00
Coca Cola	£1.85
Fanta/Sprite	£1.85
Oasis	£1.85
Mineral Water	£1.60
5 Alive	£1.00
Capri Sun	£1.00

### Liquor

Corona (330ml)	£3.50
Pimms (250mls)	£4.00
Gin & Tonic (250mls)	£4.00
Daura Beer (GF)	£3.50