

Welcome to

Cafe

20-21

Menu

Allergens

(Updated August 2019)

Baguettes

Choose from white (contains wheat gluten, sesame seeds, seeds and milk) or granary baguettes (contains wheat, gluten and soya, may contain sesame seed and milk)

Sandwiches regular fillings

Choose from sliced white (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

Or sliced wholemeal bread (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

Toasted Sandwiches regular fillings

Choose from sliced white (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

Or sliced wholemeal bread (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

Panini (contains wheat, gluten, also may contain traces of sesame seeds) Lightly grilled Panini.

All above freshly prepared with a filling of your choice and salad garnish.

Regular fillings

Free range egg, in a light mayonnaise (contains egg and mustard) and cress

Salad - mixed lettuce leaves, tomato, cucumber, red onion, carrot and cress (not available in toasted sandwiches and Panini)

Cheddar cheese (contains milk)

Cheddar cheese (contains milk) with tomato or pickle or apple and plum chutney

Ham

Tuna (contains fish) mayonnaise (contains egg and mustard) – dolphin friendly *tuna in a light mayonnaise*

Premium fillings

Tuna (contains fish) melt – dolphin friendly tuna and melted cheese (contains milk)

Hot Lincolnshire sausages (contains wheat, gluten, sulphur dioxide and soya)

Char-grilled chicken breast

Char-grilled chicken breast with light mayonnaise (contains egg and mustard) and sweetcorn

Double cheese and spring onion - *Red Cheddar (contains milk) and Cheddar cheese (contains milk) with spring onion in a light mayonnaise dressing (contains egg and mustard)*

Greenlandic prawns (contains crustaceans) in a creamy seafood sauce (contains egg and mustard) (not available in toasted sandwiches and panini)

Extras

Home-made coleslaw in light mayonnaise (contains egg and mustard)

Side Orders (served 11.30am – 2.00pm)

A portion of fries or shoestring fries

A portion of spicy wedges or lattice fries (contains celery, wheat gluten), with a shot of garlic & herb dip (contains egg, mustard, may contain sesame)

Chip buttie with butter (contains milk) or flora (contains milk) on sliced white (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

or sliced wholemeal bread (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

Soups

Delicious soup served with a white roll contains wheat gluten, sesame seeds, seeds and milk)

or granary roll (contains wheat, gluten and soya, may contain sesame seed and milk) and butter (contains milk) or flora (contains milk)

Please see our 'Soup of the Day' menu

Country vegetable (contains celery, milk, egg and barley)

Tomato and basil (contains wheat, celery and milk)

Jacket Potato with butter (contains milk) or flora (contains milk) portion only served with a salad garnish.

Jacket Potatoes with filling of your choice served with a salad garnish

Regular fillings

Cheddar cheese (contains milk)

Baked beans

Homemade coleslaw in light mayonnaise (contains egg and mustard)

Tuna mayonnaise – dolphin friendly tuna (contains fish) in a light mayonnaise (contains egg and mustard)

Premium fillings

Double cheese and spring onion - Red Cheddar (contains milk) and Cheddar cheese (contains milk) with spring onion in a light mayonnaise dressing (contains egg and mustard)

Greenlandic prawns (contains crustaceans) in a creamy seafood sauce (contains egg and mustard)

Extra portion of cheese, (contains milk) homemade coleslaw (contains egg and mustard) or beans

Plated Salads

Mixed leaves, cherry tomatoes, cucumber, grated carrot, sweetcorn, red onion, cress, homemade coleslaw (contains egg and mustard) and a free range boiled egg (contains egg), and a shot of dressing (see individual dressings for allergens). Plus a choice of:

Regular fillings

Ham

Cheddar cheese (contains milk)

Cheddar cheese (contains milk) with tomato or pickle or chutney *

Tuna (contains fish) mayonnaise (contains egg and mustard) – dolphin friendly tuna in a light mayonnaise

Premium fillings

2 fillets of smoked mackerel (contains fish)

Char- grilled chicken breast

Greenlandic prawns (contains crustaceans) in a creamy seafood sauce (contains egg and mustard)

Light snacks

Two slices of white toast (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

or wholemeal toast (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

With butter (contains milk) or flora (contains milk) and jam

Spiced wholemeal toasted teacake (contains wheat gluten and may contain sesame seed) with butter (contains milk) or flora (contains milk) portion

Home-made scones with butter (contains milk) or flora (contains milk) and jam

Cheese scones (contains egg, wheat, gluten, milk)

Fruit scones (contains egg, wheat, gluten, milk)

Cherry scone (contains egg, wheat, gluten, sulphites and milk)

Baked beans on white (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

or wholemeal toast (contains wheat gluten and soya, may contain barley gluten and sesame seed.)

Sauce sachets

Mayonnaise (contains milk and egg)

Salad cream (contains egg, mustard)

Vinegar (contains barley)

Tartar sauce (contains egg, milk, mustard)

Sauce Bottles

Ketchup

Brown Sauce (contains barley)

*** Pickles and dressings**

Branston Pickle (contains barley and sulphite)

Red Onion Chutney

Sweet Chilli Sauce

Drinks menu

Please find a table and order your drinks at the counter

Hot Drinks

Coffee

Freshly ground coffee, from our bean to cup machine

Espresso (A short, intensely flavoured rich coffee)

Double espresso

Regular Americano (Espresso diluted with water served black or white with **milk**)

Regular cappuccino (Espresso with smooth **milk** and finished with foam and a light dusting of chocolate (**contains milk**))

Regular Latte (Espresso topped with velvety smooth **milk**)

Mocha (a blend of espresso and hot chocolate (**contains milk**) topped with **milk**)

Cafetiere of ground roast coffee

Pot of tea for one

Pot of speciality tea for one

Large Hot Chocolate (**contains milk**)

Large Chocolatte (**contains milk**) (Extra milky hot chocolate)

Hot Chocolate (**contains milk**) topped with whipped cream (contains **milk**)

Blackboard specials: (When available)

Chicken Korma (contains milk, nuts)
Chicken Tikka (contains milk, nuts, and seeds)
Liver and Onions (contains barley)
Cottage Pie (contains wheat, gluten, milk)
Chilli con carne (contains wheat, gluten, milk and barley)
Pilau rice (contains milk)

Vegetarian

Sweet potato and chickpea curry (contains mustard)
Red Leicester and spinach macaroni (contains mustard, wheat, gluten, milk)
Mushroom stroganoff (contains milk)
Chilli (contains soya, barley, sulphites, may contain milk and wheat)

Fish

Breaded haddock fillets (contains fish, wheat, gluten)
Salmon fish cakes (contains wheat, gluten)
Plaice goujons (contains fish, crustaceans, molluscs, wheat, and gluten)
Whole tail scampi (contains crustaceans, wheat, and gluten)

Plain omelette (contains egg, milk)

Homemade cakes

Carrot cake (contains egg, wheat, gluten, milk)
Coconut and raspberry slice (not vegetarian) (contains eggs, wheat, gluten, milk, sulphites)
Angel sparkle cake (contains eggs, wheat, gluten, milk, seeds, may contain nuts)
Chocolate tray bake (contains wheat, gluten, milk, and soya)
Victoria sponge (contains egg, milk, wheat, gluten, may contain nuts)
Lemon tray bake (contains egg, milk, soya, wheat, gluten)
Coffee and walnut cake (contains wheat, gluten, walnuts, eggs, milk)
Date slice (not vegetarian) (contains wheat, gluten, egg, milk)
Bakewell tart (not vegetarian) (wheat, gluten, eggs, milk)

Other

Fruit flapjack (contains egg, milk, wheat, oats, gluten, seeds may contain nuts and soya)