# Café Menu Freshly made vegetarian \& vegan food (known allergens for each item listed in red) 

Soup of the day $£ 4$ (small), $£ 5$ (large)
Our homemade soups are made daily (see 'Soup of the Day' board)
Soups are vegan and served with herby croutons, toasted sunflower seeds, bread \& butter or vegan substitute (wheat, soya, barley, gluten, milk)

Toasties -freshly made $£ 4.50$
Pizza (herby tomato paste \& cheese) (wheat, soya, barley, gluten, celery, milk)
Cheese \& onion or tomato (wheat, soya, barley, gluten, milk)
Cheese (wheat, soya, barley, milk)

## Sandwiches -freshly made $£ 4$

Egg mayonnaise (wheat, soya, barley, gluten, celery, milk, eggs, mustard)
Cheese \& onion or tomato (wheat, soya, barley, gluten, celery, milk)
Hummus \& sun dried tomato pesto (wheat, soya, barley, gluten, celery, milk, sesame seeds, nuts, sulphites)
Falafel \& garlic mayonnaise (wheat, soya, barley, gluten, celery, milk, eggs, mustard, sesame seed, gluten, sulphites)

Falafel \& hummus (wheat, soya, barley, gluten, celery, milk, eggs, mustard, sesame seeds, gluten, sulphites)

Cakes - made locally by Mally
Lemon Drizzle $£ 2.60$ (wheat, gluten, buttermilk, eggs, milk, sulphites)
Carrot Cake $£ 2.60$ (wheat, gluten, eggs, milk)
Ginger Cake $£ 2.60$ (wheat, gluten, buttermilk, eggs, sulphites)
Choc Brownie $£ 2.60$ (milk, soya, eggs, wheat, gluten)
GF Flapjack $£ 2.60$ (oats, nuts)
Welsh Cake $£ 0.60$ (wheat, milk)
Toasted Teacake (wheat, milk)

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Coffee \& Teas (dairy, soya \& oat milk available)
Americano/Espresso $£ 2.50$
Cappuccino/Latte/Flat White $£ 3$
Mocha Latte $£ 3.30$
Hot Chocolate $£ 3$
Instant (decaf available) $£ 1.50$
Breakfast tea (decaf available) $£ 1.50$
Speciality Teas $£ 2$
(Choice of milk dependant—milk/soya/oat/wheat)
Add syrup shot or cream $£ 0.50$
Cold Drinks \& Milk Shakes
Green Cola/San Pellegrino $£ 2$
Rubicon soft drinks $£ 1.30$
Bottled water (sparkling \& still) $£ 1.30$
Orange/Apple carton $£ 1.10$
Milk Shakes $£ 2$ (strawberry, choc, rose, vanilla, hazelnut, caramel, mint, banana) (milk)
(All cold drinks may contain sulphites)

## Snacks

Brown Bag crisps $£ 1.20$ (milk, sulphur dioxide, may contain nuts)
Joe's Ice Cream £2.60 (nut, lupin, gluten, eggs, soya, milk)
Ice Iollies $£ 1.30$

