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## MENU

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### HOT MEALS OF THE DAY (inspired by international cuisine)

Meat based option	£5.95
Vegetarian based option	£5.75
All day breakfast (with toast and hot drink)	£6.95

### LIGHT MEALS & SALADS made to order:

Meat based salad	£5.95
Fish based salad	£5.95
Vegetarian based salad (V)	£5.75
Houmous (V) or Taramosalata served with pitta bread & salad	£5.75
Soup of the Day	£3.50
Soup of the Day with bread roll & butter	£3.95

### JACKET POTATOES - Served with a salad garnish

With butter (V)	£3.50
With beans or cheese or sour cream & chives (V)	£4.50
With tuna & sweet corn mayonnaise, sausage or chili con carne	£4.95
With smoked salmon or mackerel pâté or prawn mayonnaise	£5.75

### Panini Toasted Sandwiches - With side salad garnish 75p

Meat	£4.95
Fish	£4.95
Vegetarian (V)	£4.75

### SNACKS

Bowl of chips (V)	£2.50
Jam & Toast	£1.65



*All income supports the work of the charity to provide services to local people*

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## HOT DRINKS

Cup of tea	Single £1.00	Large £1.75
Pot of tea (up to 4 cups)		£3.75
Twinings herbal tea	Single £1.25	Large £2.25
Filter coffee	Single £1.25	Large £2.25
Espresso	Single £1.25	Large £1.75
Cappuccino	Single £1.75	Large £2.25
Café latte	Single £1.75	Large £2.25
Hot chocolate	Single £1.75	Large £2.25

## COLD DRINKS

We serve a refreshing selection of soft drinks, juice and sparkling juices

## CAKES/PASTRIES

Cakes/tart	From £1.85
Croissants	£1.25
Danish pastry/scones (with portion of jam)	£1.50
Cookies	£0.75

## FRUIT

Range of seasonal fresh fruit (per item)	£0.75
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Open 8:30am until 6.00pm with weekend opening

Hot food served 12 noon until 2:15pm - All dishes are available in take away

Minimum charge of £2.50 per person between 12 noon & 1:30pm

## Organic & GM free

The wash house cafe served rainforest & organic product when available. It is our policy not to use genetically modified (GM) product where possible. Our suppliers inform us that none of our products contain GM ingredients, and we strive to remain GM free.

## Silver Member Discounts

\*Enjoy a hot drink of your choice for **75p** (just show your membership card)

\* **£1.50** discount on **any dish over £4.00** (just show your membership card)

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