

Welcome to the

FOOD4THOUGHT CAFÉ

Open 10am -
4pm

7 days a week

Hot food served
till 3pm

Last orders
3:30pm



Light Breakfast Bites

Served until 11:30am

Breakfast baguettes - sausage, bacon, egg

1 filling £3.90, 2 fillings £4.10, 3 fillings £4.40

Griddle American style pancakes, bacon **£5.50**
and maple syrup

Scrambled egg and sausage toasted bagel **£3.95**

Bacon and scrambled egg toasted bagel **£3.95**

Scrambled or poached egg on one **£1.95**
slice of toast

Scrambled egg or two poached eggs on **£3.50**
two slices of toast

Toasted teacake with butter **£1.60**

Fresh fruit compote topped with **£2.95**
natural yoghurt and homemade granola

Porridge pot **£2.00**

Hot drinks

English breakfast Tea **£1.50**

Herbal Teas **£1.70**

Coffee **£1.80**

Cappuccino **£2.00**

Latte **£2.00**

Mocha **£2.20**

Single espresso **£1.40**

Double espresso **£1.80**

Hot chocolate **£2.00**

Add a shot of our flavoured syrup for 40p



Cold drinks

Available in fridges, products priced individually

Home made cakes and scones

available from the counter

Lunch Menu

Sandwiches £3.50

Wraps £3.75

Baguettes £4.00

Cheese

Ham

Tuna Mayo

Egg Mayo

Chicken breast

Cajun chicken

Coronation chicken

Chicken & bacon mayo

Toasties £3.75 and Paninis £4.25

Ham & cheese

Cheese & caramelised onion chutney (v)

Bacon & brie

Tuna & cheese

Signature Toasties £4.00 and Paninis £4.50

Mozzarella, sundried tomato and basil (v)

Cajun chicken, cheese, onions and peppers
with sweet chilli sauce

Mushroom melt (v)

Jacket Potatoes

One filling £6.00

Two fillings £6.50

All served with salad & coleslaw

Cheese

Beans

Tuna

Chilli

Chicken & bacon mayo

Coronation Chicken

Soup of the day - *see our specials board*

Soup on its own £3.50

Soup with our home made bread roll £4.50

Soup with a filled roll £5.50

Soup with a filled baguette £6.50

Hot Meals

Quiche of the day, salad, coleslaw & chips £7.95

Ham, egg & chips £6.50

Scampi, chips & peas £8.95

Sausage, chips & beans £6.95

Southern fried chicken burger & chips £7.50

Our Salads £4.50

Ham

Chicken

Cajun chicken

Tuna

Chicken & Bacon Caesar salad **£6.95**

Plain mixed salad **£4.00**

Add the extras

Chips **£2.00**

Cheesy chips **£2.50**

Baked beans **£0.50**

Peas **£0.50**

Coleslaw **£0.50**

Side salad **£2.00**

Home made roll & butter **£1.00**

One slice of bread & butter **£0.50**



Children's Menu

*All meals £4.50 and include a **main**, **side** and a **drink** of your choice*

Chicken breast chunks

Fish fingers

Cheesy pasta

Ham & cheese quiche

Chicken wrap

Sausage

Chips

Side salad

Peas

Mashed potato

Carrot & cucumber sticks

Baked beans

Fruit shoot

Milk or flavoured milk

Apple or Orange juice

Children's Lunchboxes £4.50

Including half a sandwich - ham, cheese, tuna or jam

Also crisps, raisins or a chocolate treat, yogurt and a piece of fruit

Drink is included



Our Weekly Specials

From Farm to Plate—as fresh as it gets!

We are very proud here at the Food4Thought Café to have access to the freshest ingredients and our team of chefs are always coming up with new ideas and recipes to celebrate our produce and give everyone the chance to taste and sample everything that is on offer. In order to do this, we have created a themed *Daily Specials Board*. Each and every week, you can experience some of our wonderful produce.

Market Garden Monday

Lamb Tuesday

Quiche Wednesday

Pork Thursday

Fish Friday

Sausage Saturday

Roast Pork Sunday