



Menu

GFA= Gluten Free Available.
VeA=Vegan Available



Healthy Mind Café

Toast

GFA, VeA.

Toast £2.00
2 slices toast, butter and preserve of your choice.

Beans on toast. £2.50
2 slices of toast, butter and baked beans.

Cheese on toast. £3.00
2 slices of toast with cheese.

Egg on toast. £3.00
2 slices of toast, butter and 2 Eggs. (poached or scrambled or fried).

Extra fillings 50p per item.

Sandwiches (Can be toasted)

GFA, VeA.

Cheese £3.00

Cheese & Tomato £3.50

Cheese & Onion £3.50

Cheese Salad £3.50

Tuna Mayonnaise £4.00

Bacon, Lettuce & Tomato £4.00

Egg Mayonnaise £3.50

All served with either crisps or side salad.

Extra fillings 50p per item.

Panini's

GFA, VeA.

Cheese £3.00

Cheese & Tomato £3.50

Cheese & Onion £3.50

Tuna Melt £4.00

Sausage & Beans £4.00

Sausage & cheese £4.00

All served with either crisps or side salad.

Extra fillings 50p per item.

Pizza

GFA, VeA.

Two slices of margherita pizza on a panini base £3.50

Served with either crisps or side salad.

Hot Sandwiches

GFA, VeA.

Bacon £3.50

Egg £3.50

Bacon & Egg £4.00

Sausage £4.00

Sausage & Egg £4.50

Extra fillings 50p per item.

Jacket Potatoes

GFA, VeA.

Cheese £4.50

Beans £4.50

Chilli £4.50

Tuna Mayo £4.50

Cheese & Tuna Mayo £5.00

Cheese & Beans £5.00

Cheese & Chilli £5.00

All served with butter and side salad.

Hot Mains

All vegan and Gluten free

Chilli £4.50

Bean or Meat Alternative.
Served with rice

Lasagne £4.50

Vegetable or Meat Alternative.
Served with side salad, sweetcorn or peas.

Pasta Bolagnaise £4.50

Meat Alternative bolagnaise
with pasta

Cottage pie £4.50

Meat Alternative mince, veg and veg
gravy, topped with potato & sweet
potato
Served with sweetcorn or peas.

All subject to availability.



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Cold Drinks

Frootie Smoothie	£2.50
Iced Tea (Peach or Lemon)	£2.50
Iced Coffee	£2.50
Purdey's	£2.00
San Pellingrino	£1.50
Cawstons	£1.50
Jug of Squash	£1.50
Bottled water	£1.00
Juice cartons	50p
Glass of Squash (Blackcurrant or Apple & Mango).	50p

Stock Variety & flavours may vary month to month.

We Have various Cakes, Fruit, Snack bars, Ice creams, crisps and Biscuits available on a daily basis.

Specials available please see our posters displayed.

Hot Drinks.

Gluten free & Vegan options are available.

Hot chocolate	£2.50
Mocha	£2.50
Latte	£2.50
Cappuccino	£2.50
Americano (Black Coffee)	£1.00
Flat White (White Coffee)	£1.00
Tea	£1.00
Pot of Tea	£3.00

We offer decaffeinated coffee and tea, & a wide range of fruit & herbal teas.

We have a selection of milk's available these include: Semi Skimmed, Oat, Soya, Coconut and Almond.

We have a variety of syrups available at 50p per syrup per drink.

Syrup flavours are: Caramel, Mint, Gingerbread, Black forest, Hazelnut, Pumpkin Spice and Cinnamon Bun.