Kid's Choices

Children's Meals

....£3.95

- Chicken Dippers
- Sausage
- Fish Fingers
- Vegetable Nuggets

Served with a choice of: Chips or Smiley Faces and Baked Beans or Peas.

Children's Box

.....£3.95

Sandwich, Crisps, Yoghurt, Mini Muffin & Juice Drink.



Breakfast

| Bacon Sandwich | £2.75 | |
|--|-------|--|
| Sausage Sandwich | £2.75 | |
| Add a Filter Coffee or a Pot of Tea for £1.00 Extra | | |
| Double Cheese Oatcake | £2.00 | |
| Add Bacon | 50p | |
| Add Sausage | 50p | |
| Two Slices of Toast with Jam | £1.50 | |
| Toasted Teacake | £1.50 | |
| Croissant | £1.40 | |
| Pain au Chocolat | £1.40 | |
| Danish Pastry | £1.85 | |

Taste for Life Cookery Courses

Do you want to learn how to cook low cost, healthy meals from scratch? Then join us on one of our free 6 week cookery courses available across Cheshire East*

> To find out more information please call us on 01625 383943, email EBHealthy@everybody.org.uk or visit www.everybody.org.uk

*Eligibility criteria (Cheshire East resident, 18 years and over, motivated and wanting to learn to cook from scratch, improve your basic cookery skills, eating habits and health) COFFEE BREAKFAST TEA SANDWICH JACKETS LUNCH LATTE PANINI SALAD SMOOTHIE TOASTIE

TASTE for LIFE

Café Menu

Coffee

| Americano | £2.10 |
|---------------|-------|
| Cappuccino | £2.30 |
| Café Latte | £2.30 |
| Espresso | £1.30 |
| Filter Coffee | £1.90 |

Hot Drinks

| Hot Chocolate | £2.30 |
|----------------|-------|
| Tea | £1.80 |
| Speciality Tea | £1.90 |

Cold Drinks

| Bottle Coke | £1.80 |
|--------------|-------|
| Diet Coke | £1.80 |
| 7up | £1.80 |
| Bottle water | £1.00 |
| Britvic J2O | £2.00 |
| Fruit Shoot | £1.50 |
| Smoothie | £1.50 |

FOOD ALLERGIES & INTOLERANCES Please speak to a member of staff about the ingredients in your meal when making your order.

| Jackets & Soups | Sand |
|---|--|
| Jacket Potato£3.95 | <u>& To</u> |
| Choose from: | Sandw |
| Cheese Baked Beans Tuna Mayonnaise Coleslaw Chicken & Bacon Cottage Cheese & Pineapple | Choose • Ham • Chees • Tuna • Chick |
| | Served on w Gluten free |
| Served with a salad garnish. | Panini |
| Soup of the Day & Roll£2.95 | Cheese |
| Salad Mixed leaf salad£3.95 | choice of Ham & Tuna & Tomat Chick |
| With Pepper, Cucumber, | Toastie |
| Tomato & Coleslaw. Choose from: • Ham • Feta Cheese | Chose fr • Ham & • Chees |
| Tuna Mayonnaise Chicken Caesar | Spinac |
| Side Orders | Choose • Feta C • Chick |
| | |

| Chips | | ••••• | £1.95 |
|----------|-------------|----------|-------|
| Sweet Pc | otato Fries | . | £2.25 |

ndwiches, Paninis **o**asties

dwiches

.....£3.50

ose from:

neese

nicken Salad

on white or brown bread. free bread available.

.....£4.25

ese base with a ce of: am & Pineapple na & Sweetcorn mato & Red Pepper nicken Tikka

stie

.....£3.50

.....£4.50

se from: am & Cheese neese & Tomato

nach Tortilla Wrap

ose from: ta Cheese & Houmous

nicken Caesar

All of the above served with a salad garnish.