





Food for thought GAFE & lamb WELLBEING GENTRE mental her



SIDES

Potato Wedges (v) Cajun Wedges (v) Cajun spiced wedges topped with melting Cheddar Cheese	£2.00 £2.60
Fries (v)	£1.80
with Curry Sauce	+60p
with Cheddar Cheese	+60p
Onion Rings (v)	£2.00
Garlic Bread (v)	£1.80
Cheesy Garlic Bread (v)	£2.40
Coleslaw (v)	£1.00
Dips (v) garlic mayo, sweet chilli, bbq	50p

SWEET TREATS

Scone with butter and jam (g)(v) Add clotted cream (v) Fruit Loaf with Butter(v) Selection of cakes and traybakes (g,v) See cake fridge for daily selection Desserts - served hot or cold, with crean	£2.30 +£2.20 £1.80 From £1.20
ice cream or custard.	
Apple Pie (v)	£3.40
Sticky Toffee Pudding	£4.00
Ice Cream (g)(v)	£2.50
2 scoops served with wafers.	
Choose from vanilla chocolate or	
strawberry. Ask for other flavours	
Add extra scoop	+£1.00
Add cream	+50p

DRINKS

COLD DRINKS

Juice Carton (orange or apple) Juice Cans (Pepsi, Pepsi Max, Irn Bru, Diet Irn Bru, 7UP, 7UP Zero, Tango Orange)	£0.80 £1.20
Kids Juice Bottle (Orange or Blackcurrant)	£1.20
Oasis Summer Fruits, Citrus Punch)	£1.70
Bottles Mineral Water (still or sparkling)	£1.20
Glass of Milk	£1.80
Milkshake our ice-cream based milkshakes topped	£3.00
with cream. Choose from Vanilla, Chocolate, Strawberry or check out our specials board!	′

HOT DRINKS

Filter Coffee	£1.50
	£1.20
Tea (mug)	£1.60
Tea (pot for one)	£1.80
Speciality Tea Earl Grey, Mint, Chamomile, Green, fruit	2
Hot Chocolate	£2.60
Special Hot Chocolate Our Creamy hot chocolate topped with marshmallows and cream	£3.50

Speciality Coffee

All our speciality coffees are crafted with a double shot of coffee as standard - a single shot is available upon request

Espresso	£2.00
Americano black or with milk	£2.20
Cappuccino	£2.60
Flat white	£2.60
Latte	£2.80
Mocha	£3.80
Add Syrup/Cream	+50p

FOOD FOR THOUGHT **CAFE**

MENU

Cafe open: Monday to Saturday 10am-4pm **Last Food Orders: 3.30pm**

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BREAKFAST

French Toast (g,v)	£3.40
Add bacon	+60p
Add maple syrup	+60p
Filled breakfast roll (v)	•
bacon, lorne sausage, fried egg, tattie scone,	
black pudding, haggis	
One filling	£2.00
Each additional filling	+60p
Eggs on toast (g,v) poached, fried or scrambled	£3.60

Plated Breakfast Served with toast and a mug of tea or filter coffee

Scottish Breakfast: bacon, lorne sausage, black pudding, fried egg, tattie scone, baked beans and tomato

Vegetarian: vegetarian sausage, hash browns, fried egg. tattie scone. fried bread, baked beans. mushrooms and tomato Add an extra item (per item) +60p

Build your own plated breakfast (includes toast), £3.00 plus 60p for each item.

Toast (g,v) with butter, jam or marmalade	
One slice	£1.40
Two slices	£1.80
Toasted soda scone and cheese (v)	£3.00
Add bacon	+60p
Add onion or tomato (each)	+30p

LUNCH

Homemade Soup of the Day (g)(v) £3.00 Served with crusty bread*

Sandwiches, Toasties, Paninis, Wraps and **Baked Potato** served with a side salad, our homemade coleslaw and crisps - price is for a single filling. Sandwiches and toasties can be prepared on white, brown or gluten free bread

Sandwich - (g)(v)	£4.20
Toastie (g)(v)	£4.70
Panini (v)	£4.80
Wrap (v)	£4.60
Baked Potato (g)(v)	£4.80

Filling options:

Chicken Mayonnaise, Sweet Chilli Chicken, Cajun Chicken, Tuna Mayonnaise, Ham, Bacon, Cheddar Cheese, Brie, Baked Beans, Coleslaw

Each extra filling (as above)	+60p
Add Tomato, Onion, Lettuce, Cranberry	
Sauce (each)	

Add a bowl of Homemade Soup +£2.00

KIDS MENU

Homemade Soup of the Day	£2.00
Sandwich (g,v) - choose from cheddar	£2.00
cheese, ham or tuna mayo	
Cheesy Pasta (v) served with fries Chicken Nuggets served with fries and baked beans	£3.00 £3.20
Lorne Sausage served with fries and baked beans	£3.20
MAIN MEALS	

MAIN MEALS

Homemade Steak Pie our own recipe steak pie topped with pastry and served	£7.80
with fries, carrots and peas	
Fish and Chips breaded haddock served with fries, peas and bread and butter	£6.00
Homemade Lasagne served with salad and a choice of fries or garlic bead	£6.60
Homemade Cheesy Pasta (v)	£5.40
served with salad and a choice of fries or	

garlic bread

BURGERS

Our burgers are served in a burger bun with a side of fries, side salad and homemade coleslaw

Beef Burger	£5.80
Chicken Burger	£5.80
Vegan Burger	£5.80
vegan borger	

Burger toppings (price per topping): +60p Bacon, Cheddar Cheese, Haggis, Hash Brown, Onion Rings, Curry Sauce