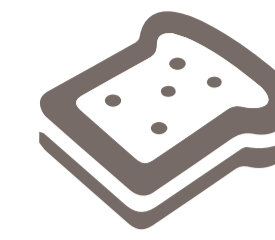


FOOD



Breakfast

Wholemeal or white toast	50p
Toasted currant tea cake & butter	£1.00
Toasted fruit bread & butter	£1.25
Croissant & butter	£1.25
Danish pastries	£1.25
All milk porridge oats	£1.50
Fresh fruit salad	£1.95
Jam portions	25p
Two fried eggs on toast	£2.50
Scrambled eggs on toast	£ 2.50
Scrambled eggs with bacon on toast	£2.95
Two poached eggs on a buttered toasted muffin	£2.50
Bacon barm cake	£2.25
Sausage barm cake	£2.50
Bacon & egg barm cake	£2.95
Bacon, sausage & egg barm cake	£3.50
Baked beans on toast	£2.50

Litebites

Toasted panini	£4.25
Tuna melt, tuna cheese, red onion	
Mature Cheddar cheese & tomato	
Mature Cheddar cheese & roast ham	
Spiced chicken & roasted pepper	
Roasted vegetables with basil pesto	
Red onion & goat's cheese with onion marmalade	
Sandwiches	£3.25
served with crisps and salad garnish	
White or wholemeal	
Fillings: tuna, cheese, roast ham, egg mayonnaise, roast chicken, Coronation chicken	

Oven jacket potatoes	£4.50
Fillings: tuna mayonnaise, cheese, onion, coleslaw, cottage cheese, baked beans, chilli con carne, Coronation chicken	

Homemade soup of the day	£3.25
Served with a bread roll	

Soup & sandwich deal	£4.95
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Lunch

Hot specials	£5.50
Please look at our specials board	

Homemade quiche of the day served with side salad

Salads	all £4.50
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Greek salad (Feta cheese, red onion, olives, tomato and cucumber)

Roast ham salad served with coleslaw, pickles side salad

Tuna Nicoise (tuna, lettuce, tomato, cucumber, red onion, egg, black olives)

Chicken Caesar salad (lettuce, croutons, Parmesan cheese & Caesar dressing)

Ploughmans (Cheddar cheese, pickles & warm French bread)

Puddings	all £2.95
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Homemade sticky toffee pudding with caramel sauce & vanilla ice cream

Bread & butter pudding

Homemade fruit crumble served with custard

Ice cream sundae, whipped cream & chocolate sauce

DRINKS



	Regular	Large
Freshly brewed coffee (regular or decaffeinated)	£1.60	£1.80
Latte	£1.90	£2.15
Cappuccino	£1.90	£2.15
Mocha	£2.00	£2.20
Hot chocolate	£1.90	£2.15
Hot chocolate royale, with cream & a flake	£2.10	£2.35
Hot chocolate indulgence, with cream, flake & mini marshmallows	£2.30	£2.45
Horlicks	£1.80	£2.05
Tea pot for 1 (regular or decaffeinated)	£1.50	
Tea for 2	£2.70	
Earl Grey and herbal teas	£1.55	
Coca Cola, Diet Coca Cola, lemonade		£1.20
Bottlegreen Presse Elderflower or Cox's		£1.60
Robinson's Fruit Shoot Apple & Blackcurrant or Orange		£1.00
Still or sparkling mineral water		£1.00
Orange juice, apple juice or multivitamin tropical cocktail		£1.50

Before ordering food or drink, please speak to a member of staff if you require information on food allergies or other dietary requirements.

Sparky's café is run by national mental health charity Richmond Fellowship. Follow us on Facebook, Twitter or visit: www.richmondfellowship.org.uk