



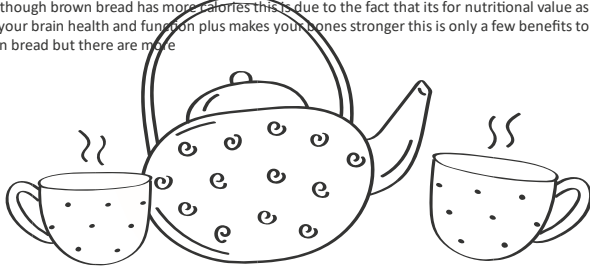
**Food & drinks menu** For daily deals please see specials board in the café

<b>Breakfast</b>	<b>Sandwiches</b> <span style="float: right;">(+20p for toasting)</span>
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<p><b>Bacon bap</b> £3.50 369kcal</p> <p><b>Sausage bap</b> £4.00 599kcal</p> <p><b>Egg bap</b> £3.50 336kcal</p> <p><b>Round About bap</b> £5.00 Egg, sausage and x2 bacon - 608.5kcal</p> <p><b>Full English breakfast</b> £6.50 x1 egg, x2 bacon, x1 sausage, beans, grilled tomato and a choice of white - 864.5kcal or brown toast - 939.5kcal</p> <p><b>Vegetarian breakfast</b> £6.50 x1 egg, x1 veggie sausage, x2 hash browns, mushrooms, beans, grilled tomato and a choice of white - 809.5kcal or brown toast - 885.5kcal (vegan option available on request)</p> <p><b>Go large breakfast</b> £9.20 x2 egg, x2 bacon, x2 sausages, beans, grilled tomato, x2 hash brown, mushrooms and a choice of white - 1370kcal or brown toast - 1450kcal</p>	<p><b>Cheese</b> £3.00 White bread – 331kcal – Brown bread – 407kcal</p> <p><b>Ham</b> £3.35 White bread – 229kcal – Brown bread - 305kcal</p> <p><b>Tuna mayo</b> £3.50 White bread – 409kcal - Brown bread – 485kcal</p> <p><b>Tuna and cheese</b> £3.70 White bread – 534kcal – Brown bread – 610kcal</p> <p><b>Cheese and ham</b> £3.50 White bread - 354kcal – Brown bread – 430kcal</p> <p><b>Brie and bacon</b> £4.00 White bread – 371kcal – Brown bread – 477kcal</p> <p><b>Brie and cranberry</b> £3.50 White bread – 301kcal – Brown bread – 377kcal</p> <p>Add extras: onion - 39kcal, cucumber - 14kcal, tomato - 14kcal, sweetcorn - 14kcal <span style="float: right;">20p</span></p>
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**Add extra items to breakfast** 60p

Even though brown bread has more calories this is due to the fact that its for nutritional value as it helps with your brain health and funtion plus makes your bones stronger this is only a few benefits to eat brown bread but there are more



**Jacket potatoes**

<p><b>Cheese</b> £4.60 Without salad - 394kcal</p> <p><b>Cheese and bacon</b> £5.75 Without salad 499kcal</p> <p><b>Cheese and onion</b> £4.85 Without salad 472kcal</p> <p><b>Beans</b> £4.60 Without salad 437kcal</p> <p><b>Cheese and beans</b> £5.20 Without salad 562kcal</p> <p><b>Tuna mayo</b> £5.65 Without salad 472kcal</p> <p><b>Tuna and sweetcorn</b> £6 Without salad 534kcal</p> <p>Served with salad</p>	
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# Food & drinks menu

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## Cakes and pastries

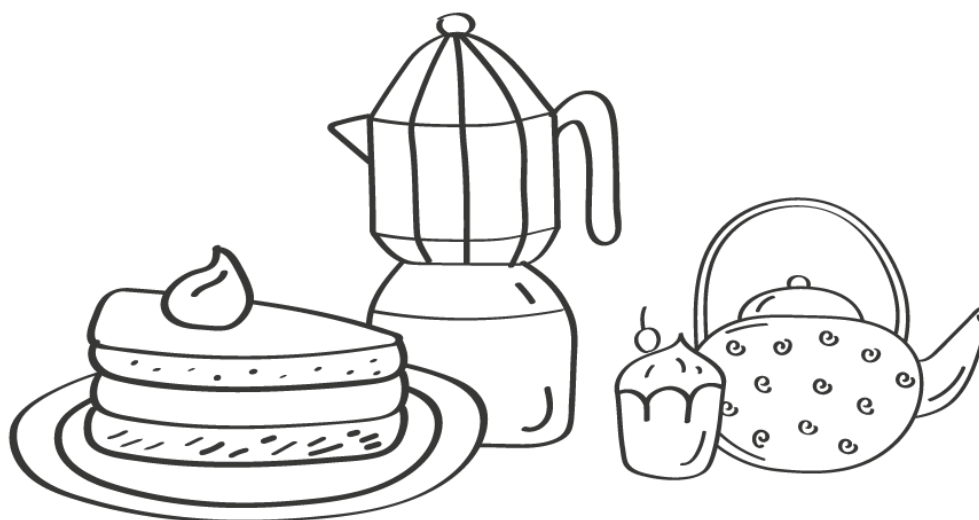
Our cakes are freshly prepared on site, please ask staff for todays choices

Slice of cake	£1.75
Assorted Danish	£1.00
Sausage roll	£1.25
Vegetarian / vegan sausage roll	£1.25

## Drinks

Alternative milk available

	Medium	Large
Espresso 6kcal		£1.50
Black coffee Med - 11kcal, Large - 18kcal	£1.95	£2.40
White coffee milk - 25kcal – oat – 39kcal milk - 30kcal – oat – 55kcal	£2.10	£2.50
Cappuccino milk - 153kcal – oat – 166kcal milk - 169kcal – oat – 181kcal	£2.30	£2.60
Latte milk - 151kcal – oat – 164kcal milk - 209kcal – oat – 226kcal	£2.30	£2.60
Mochaccino milk - 222kcal – oat – 231kcal milk - 267kcal – oat – 292kcal	£2.45	£2.70
Add syrup (See counter)		30p
Hot chocolate milk - 310kcal – oat – 324kcal milk - 421kcal – oat – 439kcal	£2.20	£2.60
Tea 1kcal		£1.80
Specialty tea 1kcal		£1.90
Assorted cans (330ml)		£1.20
Orange / apple juice (Carton)		80p



Please consult a member of staff if you have any allergies or dietary requirements

[roundaboutcafe.org](http://roundaboutcafe.org)