



Menu

Fresh ingredients
Daily changing menu
Seasonal produce

Drinks

Served from 8am to 3pm

Coffee

The coffee we serve is a Fairtrade organic blend of Java & Mocha Sidamo beans from Africa and Indonesia.

Espresso	£0.90
Americana (black coffee)	£0.90
Macchiato	£1.15
White Coffee	£1.30
Latte	£1.30
Cappuccino	£1.30
Mocha	£1.45
Hot-Chocolate	£1.45
Flavoured Shot	£0.30
Extra shot of espresso	£0.20
Soya milk instead of cows'	£0.40

Tea

Traditional English breakfast tea	£0.80
Earl Grey	£0.80
Fruit tea (different flavours available)	£0.80
Green tea	£0.80

Soft Drinks & Juices

Bottled water-Belu (Still or sparkling)	Small: £0.70 Large: £2.00
Coca-Cola, Diet Coke, Coke Zero	£0.70
7-up, Lilt, Ginger beer	£0.70
San Pellegrino Limonata or Aranciata	£0.85
Organic fizzy drink (Cranberry, Elderflower, Ginger)	£1.00
Fresh Apple or Orange Juice 330ml	£1.20
Bottled Santal juices (Orange, Pineapple, Grape fruit, Breakfast Juice)	£1.00

Alcoholic Drinks

Beer-Bottle	£2.00
White/Red Wine-Glass	£2.00
White/Red Wine-Bottle	£11.00

Breakfast

Served from 8am to 11am

Continental Breakfast

Toast Plain	£0.15
Butter	£0.10
Spreads	£0.15
English Muffin	£0.70
Croissant	£1.00
Pain Au Chocolate	£1.05
Danish	£1.05
Sweet Muffin	£1.50
Greek Yoghurt	£1.20
Greek Yoghurt & Poached Fruits	£1.50
Yogurt & Poached Fruits & Cereal	£1.70
Cereal & Milk	£0.80
Fruit Bowl	£1.40
Porridge	£0.90
Slices of Ham with Cheddar Cheese on a giant Croissant	£2.50

Cooked Breakfast

Bacon Rasher (British)	£0.50
Cumberland Sausage (British)	£0.60
Veggie Sausage	£0.60
Hash Brown	£0.30
Grilled Tomato	£0.30
Mushrooms	£0.80
Baked Beans	£0.40
Free Range Egg	£0.50

Breakfast Muffins, Baps & Sandwiches ready to go

Sweet cure Bacon, Tomato slices & Cheddar on an English muffin	£2.35
Scrambled Egg, slices of Tomato & Cheddar on an English muffin	£2.30
Back Bacon and Scrambled Egg Bap	£1.75
All day breakfast (Bacon, Egg Mayo, Lincolnshire Sausage & Ketchup) on malted	£2.40

Lunch

Served from 12.30pm to 2.30pm

Serving Counter

Set Mains

Meat Plate combo: Choose 1 main item from the meat options then add your choice from salads, vegetables & pasta	£3.75
Veggie Plate combo: Choose 1 main item from the veggie options then add your choice from salads, vegetables & pasta (V)	£3.25

From the Kitchen

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Cumberland Sausages, Chips & Beans			£3.25
Veggie Sausages, Chips & Beans (V)			£3.25
Chilli Con Carne served with Basmati Rice	£2.50		£3.25
Chilli NON Carne with Organic Beans & Soya Mince served with Basmati Rice (V)	£2.30		£3.00

Soup

Soup of the day (small or large)	£1.30	£1.60
Bread for soup (1/2 baguette)		£0.40

Pasta

Pasta	£2.30	£2.70
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Salad

Daily Salad bar	£2.50	£3.00
Salad & pasta bowl/plate		£2.85

Side Dishes

Slice of Quiche	£1.25
Chips	£1.30
Basmati Rice	£1.00
Vegetable of the day	£1.50

Jacket Potato & Toppings

Plain Jacket Potato	£1.30
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Add your filling:

PLUS	
Butter	£1.40
Baked Beans	£0.40
Cheddar Cheese	£0.90
Tuna Mayo	£1.20
Cottage Cheese	£0.80
Coleslaw	£0.70
Sweetcorn	£0.20
Chilli Con Carne	£1.10
Chilli NON Carne (V)	£0.80
Side salad	£1.25

Sandwiches & Sushi

Egg Mayo & Cress on Wholemeal	£1.70
Cheddar & Pickle on White	£1.70
Mature Cheddar, Tomato, Mixed Leaf & Red Onion Marmalade on Malted	£2.50
Herb Cream Cheese, Roasted Peppers & Spinach on Poppy seed	£2.30
Posh Ploughman's, Mature Cheddar, Apple Chutney, Tomato & Mixed Leaf on Malted	£2.70
Brie, Cranberry Sauce, Tomato, Mixed Leaf & Watercress on Malted spread with Mayo	£2.80
Mozzarella, Green Pesto & Tomato, Basil & Pesto, drizzled with Olive Oil on Ciabatta	£3.00
Falafel with a Lemon & Coriander Houmus on White	£2.80
Tuna Mayonnaise on Wholemeal	£1.80
Prawn Marie Rose, Mixed Lettuce & Cucumber on Oatmeal	£2.40
Smoked Salmon & Cream Cheese on Malted	£2.70
Tuna & Sundried Tomatoes with Boiled Egg, Mayo, Rocket & Tomato on Malted	£2.50
Sweet Thai Chilli Prawns, Cucumber & Mixed Leaf Lettuce on Malted	£2.80
Tuna Mayonnaise, Sweetcorn & Cucumber on Malted	£2.30
Back Bacon and Scrambled Egg Bap	£1.75

Ham, Mustard & Mayonnaise on Wholemeal	£1.70
Chicken Tikka on Wholemeal	£1.70
All day breakfast (Bacon, Egg Mayo, Lincolnshire Sausage & Ketchup) on Malted	£2.40
BLT (sweet cure Bacon, Lettuce, Tomato & Mayo) on Malted	£1.90
Kashmiri Chicken, Tomato Relish & Spinach on Malted	£2.60
Ham, Salad & Mustard on White	£2.20
Chicken & Bacon Club (Chicken, Bacon, Tomato, Iceberg, English Mustard Mayo) on Malted	£3.00
New Yorker, Pastrami (Turkey, Emmental, Gherkins, Tomato & English Mustard Mayo) on Poppy seed	£3.10
Gourmet Beef, Cream Cheese & Horseradish Spread, Roast Beef, Beetroot Pickle & Mixed Leaf on Malted	£3.00
Ham & Brie, Gooseberry Chutney, Baby Spinach & Mayo on Malted	£3.00
Triple Pack, Egg Mayo & Cress on Brown, Chicken Aioli on White, Prawn Mayo on Wholemeal	£2.60
Chicken Caesar, Sunkissed Cherry Tomatoes, Grana Padana & Rocket on White	£2.90
Teriyaki Chicken Wrap: Mixed Lettuce, Spring Onions, Carrot, Red Pepper, Chinese Cabbage & Coriander with Peanut Dressing	£3.00
Tokyo Sushi: Prawn Nigiri, Smoked Salmon Nigiri, Egg Nigiri, 4 Pickled Radish Rolls, 4 Cucumber and Basil Rolls	£3.50
Edo Sushi: Tuna Nigiri, Salmon Nigiri, Prawn Nigiri, White Fish Nigiri, 4 Salmon Rolls and 4 Cucumber Rolls	£4.50

Light Bites

Served from 8am to 3pm

Fruit

Banana	£0.40
Apple	£0.40
Orange	£0.40

Chocolate Bars & Snacks

Balocco Snack Wafers (Hazelnut, Vanilla, Chocolate)	£0.70
Sesame Snaps	£0.40
Eat Natural	£1.00
Flapjacks	£0.90
Kinder Bueno	£0.55
Kinder Maxi	£0.30
Kit Kat Peanut Chunky	£0.55
Nature Valley Maple Syrup	£0.35
Ma Baker	£0.90
Liquorice	£0.60
Chewing Gum	£0.40
Geobar Fairtrade (Chocolate or Cranberry)	£0.90
Walkers	£0.40
Kettle Chips	£0.60

Vending

Tropical Mix	£1.10
Wasabi Peas	£1.10
Chocolate covered raisins	£1.10
Yoghurt covered raisins	£1.10
Japanese Rice Crackers	£1.80
Dried Mango	£1.20
Pistachio Nuts	£1.10
Pumpkin Seeds	£1.10
Fruit & Nut Mix	£0.90
Seaweed Peanuts	£1.10
Bombay Mix	£0.90
Banana Crisps	£1.10
Wispa	£0.55
Twix	£0.55
Mars	£0.55
Double Decker	£0.55
Cadbury's Fruit & Nut	£0.55
Kit Kat	£0.55
Maltesers	£0.55
Snickers	£0.55
Lion	£0.55

Some dishes may contain nuts. If you have any food allergies or intolerances please check with us before ordering.

Comments and suggestions to improve the menu are welcome. We are an approved caterer by the Vegetarian Society. All enquiries to: richard@centralbay.co.uk.
Catering by Centralbay Ltd