

Refresh Salads & Deli

(GF please ask for GF mayonnaise/bread/croutons if required where we have already made the mix e.g. tuna mayo first thing in the morning)

Main Salads inc. lettuce, tomatoes, cucumbers, sweet peppers & red onions £3.45/5.45

Chicken or Veggie Caesar (inc. boiled eggs, croutons, parmesan shavings)

Poached Salmon with lemon & herb mayonnaise

Smoked Salmon with baby prawns, lemon & cracked black pepper

Prawns with lemon, mayonnaise or Marie rose

Smoked Chicken & mayonnaise

Ploughman's (inc. pickled onions & English pickle)

Greek Feta & Olives with black pepper & balsamic olive oil

Tomato, Mozzarella & fresh Basil

Tuna or Veggie Nicoise (inc. boiled eggs, French beans, potato, anchovies, olives & croutons)

Tuna Sweet corn Mayonnaise/Plain Tuna Salad

Pasta, Potato or Couscous of the Day (inc. a choice of topping & mixed salad garnish)

Create Your Own from the Deli counter prices start from £3.45

King Prawns with lemon & cracked black pepper or chilli, lime & basil £7.95

Rocket & Parmesan Salad/Crusty Farmhouse Bread & Butter £2.95/1.00

Deli Counter: Cheddar/Edam/Brie/Goats/Feta/Cottage Cheese or Cream Cheese, Mediterranean Vegetables, Roast Ham, Chicken, Turkey, Beef or Pork, Smoked Chicken, Salami, Pastrami, Chorizo Sausage, Bacon, Chicken & sweet corn mayonnaise, Smoked Salmon, Poached Salmon, Prawns (with lemon, mayonnaise or Marie rose sauce), Coronation chicken, Egg Mayonnaise, Tuna Mayonnaise or Plain Tuna.

Salad Condiments: Mayonnaise, Salad cream, English, Dijon or Wholegrain Mustard, Cranberry sauce, English Pickle, Horseradish, Piccaili, Lemon & Herb Mayonnaise, Garlic Mayo, Marie Rose, *re special* Tomato or Carrot Pickle, Piri Piri Chilli Sauce, Tabasco, Worcestershire Sauce, Olive oil, Balsamic, Lemon juice & Cracked black pepper, French Dressing, Blue cheese dressing, Thousand Island, Tomato & herb dressing, Salt & Pepper.

Side Salads £1.75

Potato (GF), Couscous, Pasta Salad, Coleslaw, Mixed or Green Salad (GF)

Marinated Olives (GF)/Houmous (GF)/Guacamole (GF)/Salsas (GF) £1.95/2.00 ea

Seasonal Deli Specials served hot or cold £2.95/£3.45

Quiche of the day or Stuffed Roasted Sweet Pepper Halves (GF) (accompanied by a salad garnish £2.95/or choose from the salad range £3.45)

Whole Peppers or Tomatoes (GF) £3.25/£3.95

(accompanied by a salad garnish £3.25/or choose from the salad range £3.95)

Risotto & Rice of the day (GF) side £2.00/reg £3.75/main £5.45

a main course includes a choice of meat, fish, cheese or vegetables from the deli counter

*Short of time and you don't fancy queuing over the busy lunch period?

Please feel free to telephone your Breakfast, Lunch or Evening Dinner order for collection or delivery

Telephone/Email/Fax Pre-orders Welcome

Summer Shop hours Mon & Tues 8-3/4.30pm Wed-Fri 8-6pm Saturday 9-5pm

*Catering/Emporium 24hrs a day 7 days a week Call us on 0161 434 8899

To view and sample our goods first hand come in and visit our

Refresh Delicatessen Emporium Smoothie & Juice Bar

at 10 Whitechapel St in the heart of Didsbury Village

Manchester M20 6UB (opposite the car park with 3 hrs free parking)

Delivery Free local deliveries in the village & surrounding area. Minimum order delivery £10.00 for vehicle deliveries. Outside 2 mile radius minimum order value £15 (or delivery charges apply depending on distance) * If you are placing multiple orders for delivery to a business group/tower block please check in store for ordering and delivery times/slots where applicable. Please note our delivery persons only carry a small amount of exact change for your order. * All orders must be paid for at the main door or ground floor reception only.

We reserve the right to refuse delivery. We cannot sell or deliver alcohol to persons under the age of 18

(Proof of age may be requested) (Special offers collection only)

All products are subject to availability & seasonal price change without prior notice.

Spring/Summer Menu 2010

Thank you for calling

Refresh Warmers

Soup of the Day (with crusty farmhouse bread) (GF) 2.50

Hot Pot: (with crusty farmhouse bread) (GF) A choice of: 3.75

Chicken Breast fillet with Vegetables

finished with white wine & cream or

Rib of Beef with Winter vegetables in a rich stocky sauce 3.75

Why not have your hot pot with Deli tub of beetroot or red cabbage for just 60p

Baked Potatoes: 3.35

(GF please ask for GF mayonnaise where we have already made the mix e.g. tuna

(All come with a salad garnish)

Beef Steak or Vegetable Chilli topped with grilled cheese "

Tuna Sweet Corn & Mayonnaise topped with grilled cheese "

Baked Beans topped with grilled cheese "

Mediterranean Vegetables & Tomato with or without grilled cheese "

Spicy Tomato & Mozzarella "

Field Mushroom & Brie "

Mozzarella, Rocket & Carrot pickle "

Cheddar Cheese & Coleslaw "

Cottage Cheese (plain, with pineapple or olives) "

Ham, Pineapple & Mozzarella "

Beef & Gravy "

Chicken, Stuffing (Not GF) & Gravy "

Prawn Mayonnaise or Marie Rose 3.65

Cheddar Cheese 2.95

Naked with butter or Create your Own from the Deli counter 2.50/50/80p per item

Warm Ozzie Salads: (GF) 4.25

(All come with a mixed salad and grated carrot & courgette)

Chorizo Sausage & Sweet Onion in Red Wine with Feta "

Char grilled Mediterranean Vegetables & Haloumi "

Pan fried & grilled Chicken Breast fillet or Quorn pieces (v) "

with a choice of Thai Sweet Chilli, Spicy Jerk, Cajun

Barbeque, Piri Piri, Mexican or Tandoori

Scotch Poached Salmon in White Wine & Lemon "

King Prawns with lemon, garlic & Italian Parsley or fiery Chilli & Lemon 7.95

Fresh Pasta Dishes: (cooked to order please allow min 15 mins) 5.50

Smoked Salmon in a white wine cream sauce

Chicken with Mediterranean Vegetables in a creamy tomato sauce

Mediterranean Vegetables in a tomato sauce finished with white wine and cream (v)

Parmesan & Pesto with rocket, red onion & lemon (v)

Bacon Carbonara in a white wine & cream sauce

Duo of Cheese Carbonara with white wine & cream (v)

Sautéed Garlic & Olive Chicken with fresh tomatoes

Tomatoes, Olives & Fresh Parmesan finished with a dash of cream (v)

Atlantic Baby Prawns with a tarragon & lemon cream sauce

King Prawns with lemon, garlic & Italian Parsley finished with a vodka cream 7.95

(All topped with gratin cheese, fresh parmesan & parsley)

(For Gluten-free pasta dishes please ask at the time of ordering & allow 20 mins)

Add an extra cold deli salad item from only 80p

Add any extra cooked (meat/fish/cheese/avocado) item from only £ 1.00

Gluten-free, Diabetic, Vegetarian/Vegan, Dairy/Egg-free, Halal Options

© AFG BTB 2010

Petit Café / Deli TAKE AWAY MENU

Refresh

Catering Emporium

Refresh your taste buds with real food

English & International traditional & A la carte food to eat in or take away



Sandwich Delicatessen Smoothie & Juice Bar

Made to order fresh, healthy and scrumptious eat in or take away food with a refreshing difference for breakfast, lunch or dinner & a healthy or decadent treat in between.

Made to order Deli Sandwiches

All day full Breakfast & Barms

Cereals Toast Fresh Soup Hot Pots Wedges Fries Garlic Bread
Salads Quiche Peppers Grilled Ciabattas Paninis Toasties
Baked Potatoes Pasta Dishes Risottos Warm Salads
Rain forest Alliance Organic Coffee, full Tea list & Cold Drinks
Fresh Smoothies Juiced Fruit & Vegetables

Fresh Bread Patisserie Afternoon Tea

Friday & Saturday Cake & Pudding Extravaganza

Fresh Ices & Ice Cream Parlour

Fine Foods & Wine Olives Roasted & Smoked Meats & Fish

Gourmet Chocolates Preserves Marinades

Outside Catering International Menus Canapés Weddings Celebrations

BBQs Garden Parties Christenings

Celebration Cakes by Design

Event & Party Planning Party Bags Favours

Tableware hire Floral & Ice Display & Table Decoration

Food & Gift Hampers Vintage Gifts Picnic Baskets & Blankets

Corporate Meetings & Events Marquees



All of our fresh delicatessen foods from the houmous to the roasted meats, catering menus, children's food, sandwiches, fillings, preserves, confectionery, savoury food, patisserie and specialty celebration cakes by design are prepared to order and crafted from scratch on the premises in the three kitchens above our emporium shop in Didsbury Village using the best quality fresh natural ingredients.

Chefs, Specialist Caterers, Confectioners & Designers since 1988

Refresh Breakfast & light bites

Yoghurt /Fresh Fruit (apple, orange, banana, pear)	65p/60p
Croissant/Butter, jam or marmalade or Fruity Flapjack	£1.00/10p/1.50
Fresh Cut fruit Salad or Yoghurt & Organic Muesli	1.95

Breakfast Cereals & Fruit Selection:

£1.55 cereal & milk £2.95 cereal & fruit £3.95 cereal & 2 choices - fruit/yogurt
 Cereal selection, Grapefruit or Mandarin Segments, Melon, Berries,
 Mixed Dried Fruit, Natural low fat Yogurt (with or without honey).

Porridge	1.95
Fruit toast x 2 or large Teacake (butter)	1.00
White, Wholegrain or Brown fresh thick bloomer Toast x 2 (butter)	1.00
Crumpets x 2 or English Breakfast Muffins x 2 (butter)	1.00

Toppings - Strawberry, Raspberry, Blackcurrant or Apricot jam, orange marmalade, lemon curd, honey, maple syrup, Marmite, Vegemite, peanut butter, chocolate nut spread) 20p Sliced banana or apple 60p

Hash Browns/Waffles/Potato Cakes	1.00
Garlic Bread/with cheese or tomato/ tomato & herb or cheese & tomato	1.95/2.75/3.75
Wedges /Cajun Wedges (with cheese add 50p with cheese & bacon add £1.50)	1.75/1.95
Fries/Spicy Fries/Curly Fries/Spicy Curly Fries	1.75/1.95/1.95/2.20
Onion Rings/Spicy Onion Rings	1.50/1.75
Garlic Breaded or Pan-fired Garlic & Herb Mushrooms	1.95/2.75
£ Big Breaky Bap ™	3.95
Includes – 2 each Bacon, Egg, fresh Cumberland Sausage & Black pudding	
Barm singles	1.95
A choice of – Bacon or Egg or fresh Cumberland Sausage (V option) or Black Pudding, Tomatoes or Mushrooms	

Barm doubles 2.50

A choice of two items – Bacon or Egg or fresh Cumberland Sausage (V option) or Black Pudding, Tomatoes or Mushrooms

*Bap double option does not apply to double sausage (Double sausage Barm £2.90)

Add any extra Breaky item
 Egg/Tomatoes/Mushrooms/Cheese/Onions/Beans or Scramble your eggs from 80p per item
 Fresh Cumberland Sausage/Bacon/Veggie Sausage/Black Pudding/Spam or Hash Browns from £1.00

Bratwurst Sausage & Onion Baguette (hot dog style with mustard)	2.55
Cheese Toastie with onion or tomato, or ham	2.55/3.05/3.35
French Toast/Cheese on Toast	3.25/2.75
The granary toastie Bacon & Grilled £ Med Veg grosti ™	3.25
The granary toastie £ Mediterranean vegetable grosti ™	2.95
Honey Roast Ham & Cheddar Grilled croissant	3.45
Bacon & Cream Cheese Grilled croissant	3.45
Mozzarella, Mushroom & Tomato Grilled croissant	3.45
Scrambled Egg bagel Three eggs, cream & butter	2.95
Scrambled Egg breakfast bagel	3.95
With a choice of Smoked Salmon or Mushrooms or Bacon or Sausage (V option)	
Omelette – plain	3.95
with cheese, onions, tomato, mushroom, peppers, smoked salmon, ham, chorizo, olives from 50p per item	
Smoked Salmon, Cream Cheese, bagel	3.25
Hot full breakfast	6.95
Includes – 2 Bacon, 2 Egg, 2 Sausage, Black Pudding, Tomato, Mushrooms, Beans and Fried bread	
veggie breakfast	5.95
Includes - 2 Sausages (V), Hash Browns, Egg, Tomato, Mushrooms, Beans and Fried bread	

Refresh Sandwiches

Create Your Own Sandwich from the Deli counter

OR choose from our suggested combinations below

Choice of bread – White/Multigrain Baguette, White/Brown/Wholegrain Bloomer, Organic Brown Bloomer, Ciabatta, White or Wholegrain Barm, Bagel, Wrap, or **Gluten-free** bread.

All come with a salad garnish where specified

In-house Roast Turkey with stuffing	2.95
In-house Roast Beef with horseradish	2.95
In-house Roasted Chicken with stuffing	2.95
In-house Roasted Chicken with sweet corn or coronation mayonnaise or avocado	3.45
In-house Smoked Chicken with mayonnaise	3.25
In-house Roast Pork with stuffing & apple sauce	3.95
Salami with mozzarella & tomato	3.25
Chorizo Sausage & Sweet Peppers or Mozzarella	3.25
Corned Beef Tomato & Red Onion	2.95
Pastrami with wholegrain mustard	3.25
In-House Honey Roast Ham with mustard or Piccalilli	3.25
Cheese A choice of Cheddar/Edam/Cream Cheese	2.95
Brie with cranberry/ Feta	3.45
Ploughman's Cheese Salad with English pickle	2.95
Grated Red Leicester & Spring Onion mayonnaise	3.25
£ Swiss-Toasted Cheese with sweet corn, onion & salad cream	3.45
Smoked Cheese with coleslaw or rocket & £ red onion chilli jam	3.45
Swiss Cheese with apple & celery mayonnaise	3.45
£ Heypesto ™ – Edam with rustic green pesto & sliced apples	3.45
£ Granary Bluecheesey ™ & Watercress with pear compote	3.45
Tomato & Mozzarella	2.95
Mozzarella & Sweet peppers	2.95
Lancashire Cheese & £ Caramelised Carrot Pickle or £ sweet onion pickle	3.25
Egg Mayonnaise and Watercress	2.95
EMB – Egg, Mayonnaise and Crisp Streaky Bacon	3.25
BLT - Bacon, Lettuce & Tomato	3.25
In-house Poached Salmon with lemon herb mayonnaise	3.25
Smoked Salmon & rocket with/without cream cheese	3.25
Prawns & Mayonnaise or Marie Rose	3.45
Tuna with mayonnaise & sweet corn	2.95
Char-grilled Mediterranean Vegetables & £ Tomato Pickle	2.95
Houmous & Olives	3.45
£ Chunky Avocado & Salsa Guacamole	3.45
£ £ Rustic Rocket, Watercress & Pesto salad	3.45
Grand Salad Natural inc. rocket & watercress with any condiment	2.50
£ Club Chicken & Bacon Triple Toasted Decker with salad, mayonnaise and pickle presented in a box	5.45
£ Big'n'Tasty ™ Stacked High with a choice of meat &/or cheese from the deli counter with salad, condiment and a pickle presented in a box	5.45
£ Footlongbaguette choice from the sandwich list above for your favourite combinations and, condiment and a pickle presented in a box	5.45

Sandwich Condiments: Mayonnaise, Salad cream, English, Dijon or Wholegrain Mustard, Cranberry sauce, English Pickle, Horseradish, Piccalilli, Lemon & Herb Mayonnaise, Garlic Mayo, Marie Rose, **£ special** Tomato or Carrot Pickle, Piri Piri Chilli Sauce, Apple Sauce, Tabasco, Worcestershire or Barbeque Sauce, Olive oil, Balsamic, Lemon juice & Cracked black pepper or Salt.
(GF please ask for GF mayonnaise/bread/croutons/Toast if required) where we have already made the mix e.g. tuna mayo)



Refresh Sandwiches

£ Grilled Ciabatta/Sandwiches: (All served with a salad garnish)

Ozzydecker ™ 4oz Rib Steak, fried egg, beetroot, pineapple & onions	6.95
Garlic Lamb Steak & Onion	5.95
Spicy Lamb yogurt & mint Moroccan style couscous (wrap)	4.95
8oz Beef Steak or Pork & Apple Burger with all the trimmings	4.95
add cheese, bacon, mozzarella, avocado, beef chilli and whatever else you might fancy from 50p	
4oz Rib Steak & Onions	4.75
Roast Pork & Stuffing with apple sauce	3.95
Salami, Mozzarella & Tomato	3.55
Brie, Rocket & £ carrot Pickle	"
Cheddar, Red Onion & £ tomato pickle	"
Swiss Cheese, Red Onion & Sweet pepper Melt	"
Pestotastic – Feta, £ Mediterranean Vegetables & rustic pesto	"
Chorizo & Mozzarella	"
Thai Sweet Chilli Chicken	"
Spicy Jerk Chicken	"
Cajun Chicken	"
Mexican garlic Chicken	"
Piri Piri chilli Chicken	"
BBQ Chicken	"
Tandoori Chicken	"
Chicken & Sweet corn Mayonnaise Melt	"
Chicken & Cheese	"
Chicken, Stuffing & Gravy	"
Smoked Chicken & Swiss Cheese	"
Roast Rib Beef & Gravy	"
Brie & Bacon	"
Honey Roasted Ham, Tomato & Cheese	"
Tuna Sweet Corn, Red Onion & Cheese	"
Cajun Vegetables, Tomato & Basil	"
Mediterranean Vegetables & Mozzarella	"
Thai Sweet Chilli Vegetables	"
Forest Mushrooms & Brie	"
Veggie Quorn Thai, BBQ, Jerk, Cajun, Mexican, Tandoori, Piri Piri, or Cheese	"
Mozzarella, Tomato & Basil	2.95

Paninis:

Meatball sub with mozzarella & BBQ sauce/ Chilli Cheese Sub	4.25/3.95
Spicy Sausage, tomato & mozzarella/ Ham & Cheese	3.95/3.75
Smoked Cheese, tomato & red onion with Worcestershire/ Mozzarella & Tomato	3.95/3.65
Spicy Roast Beef & Onion/ Bacon & Cheese/ Chicken & Bacon	4.25/3.95
Rocket Pesto & Cheese/ Avocado & Brie/ Tuna, Spring Onion & Mozzarella	3.95

SEE ALSO OUR BEVERAGES & DESSERT MENU

Create your own From the Deli Counter

Choose from: Cheddar/Edam/Brie/Goats/Feta/Cottage Cheese or Cream Cheese, Mediterranean Vegetables, Roast Ham, Chicken, Turkey or Beef, Smoked Chicken, Salami, Pastrami, Chorizo Sausage, Bacon, Roast Pork, Meatballs, Chicken & sweet corn mayonnaise, Coronation chicken, Smoked Salmon, Poached Salmon, Anchovies, Avocado, Baby Prawns (with lemon, mayonnaise or Marie rose sauce), Egg Mayonnaise, Tuna Mayonnaise or Plain Tuna.

Add any extra cooked (meat, fish, cheese, avocados etc.) item from only 1.00

Add any extra deli salad item from only 80p

Deli Salad items: Coleslaw, Stuffing, Beetroot, Red Cabbage, Gherkins, Houmous, Capers, Boiled Eggs, Rocket, Watercress, Tomato & Coriander Salsa, Cucumber & Red Chilli Salsa, Salad Olives, Marinated or Pimento Olives, Sweet corn, Pickled onions, Jalapeños, Grilled Mediterranean Vegetables, Sun-dried Tomatoes, Sliced Apple, Pear Compote, Mango, Pineapple or Croutons

Please remember that all our food is freshly made & cooked to order restaurant style.

Refreshing Beverages

Smoothie & Juice Bar



Juiced Fruit & Vegetables 2.75

1. Apple **
2. Apple & Carrot **
3. Carrot & Orange **
4. Carrot, Orange & Ginger **
5. Pear, Grape & Kiwi **
6. Juice 'Pick me up' – Celery, Tomato, Orange & Tabasco **

Fruit Smoothies £2.75

Special 'Pick me up' - Special fruit combo with

Orange or Grapefruit juice **

Ozzie-Breaky-Smoothie™ – Banana, Muesli, Natural Yogurt, honey & apple juice **

Bananas™ – Bananas with Orange juice (with/without natural yogurt) **

Berryzesty™ – Mixed Berries & Lime with Pineapple juice ***

Mangonana™ – Mango, Banana & Kiwi with Orange juice ***

Tropikiwi™ – Melon, Kiwi & Strawberry with Orange juice ***

Pineapplelastic™ – Pineapple & Strawberry with Orange juice ***

Create your own combination from – Apple, Pear, Mango, Bananas, Strawberries, Mixed Berries, Kiwi, Lime, Orange, Carrot, Celery, Tomato, Grape, Melon, Pomegranate, Beetroot, Ginger, Parsley, Organic Muesli, Honey or Yogurt from £2.75

*For pure berry smoothies e.g. strawberries, blueberries, Pomegranate or raspberries a seasonal supplementary cost will be apply. All fruit is subject to seasonal availability.

Count the portions * of fresh fruit and vegetables as part of our Refresh 'Five for You'™ five a day intake

Ice Café Parlour

Made with traditional Vanilla, Chocolate or Strawberry Italian Ice Cream

Milkshakes	£2.75
Vanilla, Strawberry, Raspberry, Cinnamon, Banana, Toffee or Chocolate	
Frappacinnno iced latte	£2.75
with a shot of vanilla or toffee	£3.05
Mochacinnno iced chocolate coffee	£3.05
with a shot of vanilla or orange	£3.55
Bananacinnno iced banana latte	£3.05
Traditional Iced Tea with lemon & fresh mint	£2.95

Decaf available for all the above iced café

Fruity or Green Ice Tea	£2.75
Iced Slusshies/Granita Crushes	£2.75
Mango & Passion fruit/Margarita/Pina Colada/Strawberry/Blackcurrant/Raspberry/Orange & Passion fruit/Apple & Strawberry/Cranberry Crush/Fruit Tea Crush/Strawberry/Mixed berry/Citron	

Refreshing Beverages

Smoothie & Juice Bar



Juiced Fruit & Vegetables 2.75

1. Apple **
2. Apple & Carrot **
3. Carrot & Orange **
4. Carrot, Orange & Ginger **
5. Pear, Grape & Kiwi **
6. Juice 'Pick me up' – Celery, Tomato, Orange & Tabasco **

Fruit Smoothies £2.75

Special 'Pick me up' - Special fruit combo with

Orange or Grapefruit juice **

Ozzie-Breaky-Smoothie™ – Banana, Muesli, Natural Yogurt, honey & apple juice **

Bananas™ – Bananas with Orange juice (with/without natural yogurt) **

Berryzesty™ – Mixed Berries & Lime with Pineapple juice ***

Mangonana™ – Mango, Banana & Kiwi with Orange juice ***

Tropikiwi™ – Melon, Kiwi & Strawberry with Orange juice ***

Pineapplelastic™ – Pineapple & Strawberry with Orange juice ***

Create your own combination from – Apple, Pear, Mango, Bananas, Strawberries, Mixed Berries, Kiwi, Lime, Orange, Carrot, Celery, Tomato, Grape, Melon, Pomegranate, Beetroot, Ginger, Parsley, Organic Muesli, Honey or Yogurt from £2.75

*For pure berry smoothies e.g. strawberries, blueberries, Pomegranate or raspberries a seasonal supplementary cost will be apply. All fruit is subject to seasonal availability.

Count the portions * of fresh fruit and vegetables as part of our Refresh 'Five for You'™ five a day intake

Ice Café Parlour

Made with traditional Vanilla, Chocolate or Strawberry Italian Ice Cream

Milkshakes	£2.75
Vanilla, Strawberry, Raspberry, Cinnamon, Banana, Toffee or Chocolate	
Frappacinnno iced latte	£2.75
with a shot of vanilla or toffee	£3.05
Mochacinnno iced chocolate coffee	£3.05
with a shot of vanilla or orange	£3.55
Bananacinnno iced banana latte	£3.05
Traditional Iced Tea with lemon & fresh mint	£2.95

Decaf available for all the above iced café

Fruity or Green Ice Tea	£2.75
Iced Slusshies/Granita Crushes	£2.75
Mango & Passion fruit/Margarita/Pina Colada/Strawberry/Blackcurrant/Raspberry/Orange & Passion fruit/Apple & Strawberry/Cranberry Crush/Fruit Tea Crush/Strawberry/Mixed berry/Citron	

Refreshing Beverages

Smoothie & Juice Bar



Juiced Fruit & Vegetables 2.75

1. Apple **
2. Apple & Carrot **
3. Carrot & Orange **
4. Carrot, Orange & Ginger **
5. Pear, Grape & Kiwi **
6. Juice 'Pick me up' – Celery, Tomato, Orange & Tabasco **

Fruit Smoothies £2.75

Special 'Pick me up' - Special fruit combo with

Orange or Grapefruit juice **

Ozzie-Breaky-Smoothie™ – Banana, Muesli, Natural Yogurt, honey & apple juice **

Bananas™ – Bananas with Orange juice (with/without natural yogurt) **

Berryzesty™ – Mixed Berries & Lime with Pineapple juice ***

Mangonana™ – Mango, Banana & Kiwi with Orange juice ***

Tropikiwi™ – Melon, Kiwi & Strawberry with Orange juice ***

Pineapplelastic™ – Pineapple & Strawberry with Orange juice ***

Create your own combination from – Apple, Pear, Mango, Bananas, Strawberries, Mixed Berries, Kiwi, Lime, Orange, Carrot, Celery, Tomato, Grape, Melon, Pomegranate, Beetroot, Ginger, Parsley, Organic Muesli, Honey or Yogurt from £2.75

*For pure berry smoothies e.g. strawberries, blueberries, Pomegranate or raspberries a seasonal supplementary cost will be apply. All fruit is subject to seasonal availability.

Count the portions * of fresh fruit and vegetables as part of our Refresh 'Five for You'™ five a day intake

Ice Café Parlour

Made with traditional Vanilla, Chocolate or Strawberry Italian Ice Cream

Milkshakes	£2.75
Vanilla, Strawberry, Raspberry, Cinnamon, Banana, Toffee or Chocolate	
Frappacinnno iced latte	£2.75
with a shot of vanilla or toffee	£3.05
Mochacinnno iced chocolate coffee	£3.05
with a shot of vanilla or orange	£3.55
Bananacinnno iced banana latte	£3.05
Traditional Iced Tea with lemon & fresh mint	£2.95

Decaf available for all the above iced café

Fruity or Green Ice Tea	£2.75
-------------------------	-------

Iced Slushies/Granita Crushes

£2.75

Mango & Passion fruit/Margarita/Pina

Colada/Strawberry/Blackcurrant/

Raspberry/Orange & Passion fruit/Apple &

Strawberry/Cranberry Crush/

Fruit Tea Crush/Strawberry/Mixed berry/Citron

Refreshing Snacks, Cakes & Special Offers

Chocolate, Crisps & Snacks:

Curly wurly, Milkyway, Kinder Maxi 30p ea Fudge 25p
Soft Mints, Mars, Buttons, Bounty milk or dark 50p
Turkish delight 60p, Double Decker, Wispa 75p
Fruity Yogurt bites, Raisins Box, Fruit Strings 60p,
Juicy Lollipops 15p Candy Lollipops 10p
Traditional Sweetie Bags £1.25 or 5 for £5
Dolly mixtures/Chocolate Eclairs/Chocolate Raisins
Lemon Sherbets/Mint Humbugs/Pear Drops/Jellies/Mini /mallows/Sour Dummies & mini Jelly babies,
Chocolate freckles & Beans, Flying Saucers, Strawberries & Cherry Lips/Pencils/
Strawberry, Lemon or Toffee Bon Bons
Love Hearts/Dolly Beads/Candy Watches 25p/Sherbet Sticks or Strawberry Twists 10p
Oat Cakes 50p/89p, Marmite Rice Cakes/Bread sticks 89p,
Oreos 1.25, Rice Cakes 1.50
Walkers – Cheese & Onion, Salt & Vinegar, Ready Salted 50p ea

Cakes & Patisserie (all natural ingredients)

Chocolate or Marshmallow Brownies	£1.95
Rocky(contains nuts) or Double Milk Ganache Brownies	£2.45
Triple Chocolate Ganache Brownies	£2.95
Fruity Flapjack	£1.50
Chocolate Dipped Flapjack	£1.95
Lemon Drizzle Cake	£1.95
Strawberry Cheesecake	£3.50
Guest Cheesecake	from £3.50

* For Seasonal Cakes & Desserts of the Day please ask

Take Out Meal Deal Offers

Order any time for Collection between 4-6pm Tues-Fri
3-5pm Saturdays

2 Pasta Dishes & Garlic Bread for only £12

excludes 7.95 pasta option

Any 3 Hot Pots for £10

Any 3 Salad Sides for just £5

Special Order Offers

Order min one day prior for next day collection

A Whole Quiche only £20

With a choice of cheese/tomato/onion/sweet
corn/peppers/olive/broccoli/salmon/ham/chicken/chorizo etc.

Freshly Cooked Whole Chickens

£6.95 or 2 for £12.00

in a marinade of your choice Garlic/BBQ/Thai/Jerk/Cajun etc.

**TAKE AWAY MENU Prices Shown HERE
& ON ALL THE INTERIOR MENU BOARDS IN THE SHOP**
The **EAT IN MENU** is inclusive

of a small price increase for Summer 2010

as we haven't raised our prices since before the recession,
but due to the constant increase in the cost of fresh supplies
we have made a couple of changes to the take away menu
& a full price change on the eat in menu at the rate of 17.5% which

will be shown on your receipt & are inclusive of vat where applicable

Refreshing Beverages

Rainforest Alliance Fair Trade Organic Espresso

Coffee

(every cup freshly ground to order by the cup)

Fresh Coffee, Latte, Cappuccino, Espresso reg
£2.00/ large £2.95

Double Espresso or Mocha
£2.50

Flavoured/Syrup/Creamer Coffee:

Vanilla, Cinnamon, Hazelnut, Amaretto, Toffee, Guest
£2.75

Fresh Cream topped Coffee/with syrup
£2.75/£3.50

RFA Decaf available for all the above

Hot Chocolate with or without marshmallows
£2.00

Flavoured/Syrup Chocolate:

Vanilla, Cinnamon, Hazelnut, Orange, Mint, Raspberry, Toffee
£2.75

(made with fair trade organic cocoa)

Tea Shop Selection

Traditional Tea/decaf

95p

Specialty Tea:

£1.50

Earl Grey, English Breakfast, Jasmine, Organic & Green Selection,
Organic Tea, Assam, Darjeeling, Lapsangsoochong (black tea), Organic
White,

Rooibos (Red), Oolong, Chamomile, Organic Peppermint & Peppermint
Selection, Ceylon,

Organic decaf, Ginseng, Chai, Org Dandelion, Fruit & Herb Infusions &
Guest Selection

Pot of Tea for two Traditional/Specialty
£2.85/£4.50

Cold Drinks:

60p

Low Sodium Organic Still or Sparkling Spring Water
Dandelion & Burdock/Cloudy Lemonade/Cream Soda/Bitter Shandy/Lilt
Diet Orange or Tropical Sunkist/Iron-Bru/Fanta zero/Coke – Regular & Diet,
Cherry

Cold Drinks:

90p

Jamaican Ginger Beer/Rubicon/Perfectly Clear Water/Fruit Shoots
No junk Kids Juice Cartons:

60p

Orange, Apple, Pineapple, Cranberry, Tropical, 5 Fruits
Sports & Exotic Drinks:

£1.25

Lucozade Original or Orange, Coconut Juice, Mango Juice

Traditional, Health & Organic Bottles:

£1.75

Frobishers Bottled Juice – Orange, Apple or Passion fruit

Belvoir Pressé – Cranberry, Lime & Lemongrass, Elderflower (seasonal)

£1.95

Feel Good Bottles – Apple & Blueberry/Cranberry & Orange/Cloudy

Lemonade/Mango

& Passion fruit/Mango & Orange

£1.95

Alcoholic Drinks

House White, Red or Rose by the Glass

£2.75

White/Red/Rose by the Bottle

from £8.95

Continental Beers & Cider by the bottle

£2.75

Peroni/Tsingtao/Leffe/Frome Valley

Gin & Tonic/Southern & Lemonade with lime

£2.75

Champagne

£POR

Cocktail Jugs to share

£14.95

Sangria/Long Island Ice Tea/Mojito/Cosmo/Pimms

Margarita/Sea Breeze/Sunrise/Refresher

Sherry

£1.95

Baileys or Tia Maria over ice

£2.55

Vodka Jellos

£1.75

Fresh Cream topped Liqueur Coffee

£3.75

Brandy/Rum/Min/Tia Maria

