

Simon's Spectacular Cakes

All home made and delicious
£1.95 Regular £1.00 Small

- Lemon drizzle cake (V)
- Date and walnut flapjack (V, V, DF)
- Plain flapjack (V, V, DF)
- Carrot cake (V)
- Carrot cake (V, GF)
- Chocolate & beetroot cake (V)
- Chocolate brownie (V)
- Chocolate brownie (V, V, GF, DF)
- Parsnip & maple syrup cake (V)
- Banana & poppy seed loaf (V)
- Caramel shortbread (V)

Breakfast Buffets

Menu 1 @ £4.75 per person

- Bacon bridge roll
- Sausage bridge roll
- Mini Danish pastry
- Fruit juice

Menu 2 @ £4.75 per person (V)

- Mini cheese & mushroom croissant
- Free range scrambled egg bridge roll
- Mini Danish pastry
- Fruit juice

Individual Breakfast Items

- Bacon breadcake £2.45
- Sausage breadcake £2.45
- Scrambled egg breadcake £2.45 (V)
- Cheese and mushroom croissant £2.45 (V)
- Traditional French and Danish pastries £1.95

Beverages

- Tea & Coffee £1.00
- Tea, Coffee and biscuits £1.30
- Orange juice 75p
- Biscuits 35p
- (per person, per serving)

All items subject to availability
And all prices are subject to VAT @ the current rate.

Bhajis & pakoras are (V, V, GF, DF)

All chicken is Halal



Key to symbols

- (V) = Vegetarian
- (V) = Vegan
- (GF) = Gluten Free
- (DF) = Dairy Free

St. MARY'S Menu

From May 2011



Good Products

All our food is home made with fresh locally sourced ingredients.



Good For You

A balanced mix in each menu. Lots of salad and fruit and no e numbers, emulsifiers or bulking agents.



Good Service

Enjoy in house or delivered to you 7 days a week **FREE**



Good Company

A social enterprise that recycles your money to make a difference to local peoples lives...

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Hospitality Menus

From May 2011

Sandwich Lunches

A. £5.50 per person

Assorted filled breads
Corn chips with salsa & cool mint dips (V)
Fresh fruit

B. £5.50 per person

Assorted filled breads
Yorkshire crisps (V)
Small cakes

C. £5.95 per person

Assorted filled breads
Corn chips with salsa & cool mint dips (V)
Fresh fruit
Small cakes

Brown Bag Lunches

D. £5.95 per person

Filled rolls
Fresh fruit
Flapjack (V) (V)
Mineral water

E. £5.95 per person

Filled rolls
Packet of crisps (V)
Fresh fruit
Carton of fruit juice or Can of cold drink

Lunch Buffets

F. £6.50 per person (V)

Assorted filled breads
Onion bhajis with raita
Vegetable pizza
Sweet potato & coriander pakora
Corn chips with salsa & cool mint dips
Fresh fruit

G. £6.50 per person

Assorted filled breads
Sausage rolls
Traditional pakora
Cheese & walnut scones with soft cheese & chives
Corn chips with salsa & cool mint dips
Fresh fruit

H. £6.50 per person (V)

Assorted filled breads
Root vegetable bhaji with raita
Goats cheese & caramelised red onion tartlet
Vegetable pizza
Yorkshire crisps
Fresh fruit

I. £7.95 per person

Assorted filled breads
Sage, apple & sausage roll
Mozzarella, basil & tomato pastry
Chicken satay with sweet chilli dipping sauce
Root vegetable bhaji with raita
Yorkshire crisps
Fresh fruit

J. £7.95 per person

Assorted filled breads
Goats cheese & caramelised red onion tartlet
Onion bhaji with raita
Sticky chicken kebobs
Cheese & walnut scones with soft cheese & chives
Fresh fruit
Small cakes

K. £7.95 per person (V)

Assorted filled breads
Mozzarella, basil & tomato pastry
Root vegetable bhaji & raita
Mature Cheddar & chive tartlet
Sweet potato & coriander pakora
Corn chips with salsa & cool mint dips
Fresh fruit
Small cakes

Wholesome Salads Something Good To Share

Traditional Potato Salad (V) (GF)

Baby new potatoes, tossed in a creamy blend of light mayonnaise & natural yogurt with scallions, parsley & mint.
Bowl for 5 people £4.80 Bowl for 10 £9.50

Sesame Slaw (V) (V) (DF)

Peas, broad beans, white cabbage and carrots with a delicious, light, dairy free dressing
Bowl for 5 people £4.95 Bowl for 10 £9.80

Happy Carrot Salad (V) (V) (DF)

Moroccan influenced salad of sultanas, carrots, onion, seeds, herbs & spices
Bowl for 5 people £4.95 Bowl for 10 £9.80

Green & Crunchy (V) (V) (GF) (DF)

Iceberg lettuce, rocket, baby leaf spinach, celery, mange tout & cucumber.
Bowl for 5 people £4.20 Bowl for 10 £8.00

Super Salads £5.35 Per Person

Baby leaf spinach, rocket, broccoli, petit pois, quinoa, cherry tomatoes, mint, parsley, cucumber & toasted seeds.

With either:

Roast Chicken and natural yoghurt aioli. (GF)

Or

Borlotti & cannellini beans and a balsamic, virgin olive oil & lemon juice dressing. (V) (V) (GF) (DF)

Or

Falafel and a humus & mint dressing. (V) (V) (DF)

