

At the YMCA Café we champion fresh, seasonal, locally sourced produce. All our food is made to order. What's more, our changing specials board compliments the menu with more of our favourite flavours

BREAKFAST

The Bacon Cob *W* - 3.75. + *egg or mushrooms for 1.00*

The Sausage Cob *W* - 3.75 + *egg or mushrooms for 1.00*

Eggs *W, V* – as you like it on sourdough toast – 5.00

Breakfast bowl *T, W* – dry-cured bacon lardons, black pudding, fried potatoes, scrambled egg + tomatoes – 7.00

Granola *W, V* - live yoghurt + fruit coulis – 3.50

Porridge *VF* - ginger + winter berry – 3.50

FOCACCIA - freshly baked rosemary and sea-salt focaccia from the award-winning welbeck bakehouse, filled + served warm. From Midday.

Pepper *W, VF* - roasted sweet pepper + hummus – 6.00

Chicken + Pork *W, D* – chicken, pulled pork + cheese melt – 6.00

Tuna *W, D* – tuna, spring onion + cheese melt – 6.00

SANDWICHES – served on freshly baked white or wholemeal bread from the award-winning welbeck bakehouse. Served with pickled slaw. Gluten-free bread available. From midday.

Ham *W* – ham + mustard mayo – 6.50

Beef *W* – roast beef, tomato + horseradish – 6.50

Cheese *W, D, V* – keen's cheddar + red onion chutney – 6.00

Ham + Cheese Croissant *W, D* – served warm. buttery, deliciousness – 4.50

**VF – Vegan, V – Vegetarian, D – Contains Dairy, W – Contains Wheat, GF – Gluten Free, T – Traces*



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LUNCH – from midday.

PLATES

Soup + Focaccia *W* - see our specials board for today's option – 4.00

Mushrooms *W, VF* – in a creamy onion + tarragon sauce on sourdough toast – 6.00

Meatballs *W*– pork + paprika meatballs in a butterbean + tomato ragu. Served with fresh bread - 6.50

Stew *W* – slow braised beef, root vegetables, cheddar + onion cobbler - 7.50

Bean Chilli *VF* – five bean chilli, root vegetables + wholemeal rice. served with smashed avocado – 6.50

Pasta *W, V*- spaghetti in our special tomato, basil + garlic sauce - £6.50

KIDDIES MENU

Scrambled Egg on Toast *W* – available at breakfast - 3.50

Beans on toast *W* - available at breakfast - 3.50

Pasta *W, D, V* – in our homemade tomato sauce - 3.50

Mac 'n' cheese *W, D, V* – topped with breadcrumbs for extra crunch – 3.50

Focaccia Pizza *W, D*– topped with tomato and mozzarella - 3.50

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