

YMCA CAFÉ MENU

**WE PRIDE OURSELVES ON USING FRESH,
LOCALLY
SOURCED + SEASONAL INGREDIENTS**

BREAKFAST + BRUNCH // ALL-DAY FROM 9AM

**SMASHED AVOCADO + POACHED EGGS (V)
(GFO) – £7.50**
ON TOASTED SOURDOUGH BREAD

**CREAMY MUSHROOMS + SPINACH (VE) (GFO) -
£7.50**
ON TOASTED SOURDOUGH BREAD WITH TRUFFLE
OIL
ADD A POACHED EGG + £1

THE BACON COB (GFO) - £4.00
TOP NOTCH DRY-CURED BACK-BACON IN A COB

THE SAUSAGE COB - £4.00
LOCALLY PRODUCED PROPER SAUSAGE IN A COB

FRIED EGG COB (V) (GFO) - £3.75
WARNING! CAN BE RUNNY! SERVED IN A COB

SPINACH + MUSHROOM COB (V) (GFO) - £3.75
IT DOES WHAT IT SAYS ON THE TIN. SERVED IN A
COB
ADD A FRIED EGG + £1

**TOAST (VE) (GFO) - £2 - SOURDOUGH, WHITE
OR WHOLEMEAL**
SERVED WITH BUTTER, JAM OR MARMITE

TOASTED TEA LOAF (V) - £2.70
FRUIT + SPICE COMBINED MAKES THIS THE
ULTIMATE TOAST

SAVOURY CHEESE + MUSTARD SCONE - £4.50
LINCOLNSHIRE POACHER CHEESE + CHUTNEY

LUNCH // SERVED FROM 11:30AM

SOUP OF THE DAY (GFO) - £5
OUR HOMEMADE SOUP WITH FRESHLY BAKED
ARTISAN BREAD

THE FALAFEL SALAD (V) - £8.50
WARM FALAFEL SALAD WITH FINE BEANS,
SPINACH, RED CABBAGE + MIXED LEAVES.
YOGHURT + LEMON DRESSING TOPPED WITH
PUMPKIN
+ SUNFLOWER SEEDS. TOASTED PITTA + HUMMUS

CHUNKY BEEF CHILLI - £9.50
HOUSE SPECIAL BRAISED BEEF CHILLI SERVED
WITH RICE.
ADD OPTIONAL JALAPENO FOR A BIT MORE
SPICE...

BEAN CHILLI (VE) - £8
MIXED BEANS + ROASTED PEPPERS IN OUR
HOMEMADE CHILLI, SERVED WITH RICE. ADD
OPTIONAL JALAPENO FOR AN EXTRA KICK

COTTAGE PIE - £9.50
THE ULTIMATE WINTER WARMER. OUR
HOMEMADE HUG IN A BOWL
TOPPED WITH CREAMY, CHEESY MASH. BUTTERED
VEG + GRAVY

BANGERS & MASH - £9
REAL MEATY SAUSAGES. ULTIMATE MASH.
BUTTERED VEG + GRAVY

DAILY SPECIALS!
CHECK OUR BOARD FOR TODAY'S FRESHLY
PREPARED SPECIAL DISHES!

KIDS // UNDER 16

KIDS COB - £4
CHOOSE FROM CHEESE, TUNA MAYO OR HAM
FILLING

SAUSAGE + MASH - £4.50
CHOOSE BEANS OR PEAS + GRAVY

TOMATO PASTA - £4.50

FOCACCIA PIZZA & CRISPS - £4.50

(V) – VEGETARIAN
(VE) – VEGAN
(GFO) – GLUTEN FREE
OPTION AVAILABLE ON
REQUEST
**LET OUR TEAM KNOW OF
ANY ALLERGIES +
DIETARY REQUIREMENTS**