



## Menu

### TEAS

Mug of Tea .....	£1.50
Pot of Tea .....	£1.80
Speciality Teas .....	£2.00
Tea for Two .....	£3.00

*Ask about different varieties*

### FAIRTRADE COFFEES

*Available with Syrup (+ 30p)*

Americano (straight black coffee) .....	£2.20
Espresso .....	£2.20
Double Espresso .....	£2.50
Cappuccino .....	£2.60
Latte .....	£2.60
Flat White .....	£2.60
Mocha .....	£2.70
Extra shot of coffee .....	£0.30

Hot Chocolate - White Chocolate, Milk Chocolate .....	£2.60
Deluxe Hot Chocolate with Whipped Cream, Marshmallows .....	£3.00

### SOFT DRINKS

Bottled Soft Drinks (see drinks fridge) .....	Various
Bottled Sparkling Juice (see drinks fridge) .....	£2.00
Bottled Water (still & sparkling) .....	£1.00
Squash (Orange, Summer Fruits) .....	£0.50
Shmoo Milkshakes (Chocolate, Banana or Strawberry) .....	£1.60
Deluxe - Cream and sprinkles .....	£2.00
Smoothies (See Board) .....	£3.00

### SWEET TREATS

Toasted Tea Cake with Butter .....	£2.00
Selection of Homemade Cakes (see display) .....	Various

### BREAKFAST

**Breakfasts Served Monday to Friday 9am - 11.30am and Saturday and Sunday all day**

**2 Bacon, 2 Sausage, 2 eggs, Hash Browns, Beans,  
Grilled Tomatoes, Mushrooms, Black Pudding, White or Brown Toast**

5 items for **£6.00** - extra items 50p each (with Tea **£7.00** or with Coffee **£7.50**)

**Full Monty** Items cannot be substituted, please choose individually if you don't want all 8 items ..... **£7.50**

*Served all day (for the brunch items)*

<b>Breakfast Butties</b> Choose from Bacon, Sausage or Egg .....	<b>£3.50 for 2 items, 50p per extra item</b>
<b>Eggs Benedict</b> Bacon on Toasted Muffin topped with Poached Eggs and Hollandaise Sauce .....	<b>£4.00</b>
<b>Eggs Royale</b> Toasted breakfast muffins with smoked salmon, poached eggs and hollandaise sauce ...	<b>£4.50</b>
<b>Vegetarian Option</b> Mushrooms & Spinach on Toasted Muffin topped with Poached Eggs & Hollandaise Sauce .....	<b>£4.00</b>

### TOAST (CHOICE OF WHITE OR BROWN BREAD)

2 x Toast & Butter with Jam, Friars Farm Marmalade, Marmite .....	£2.00
Beans on Toast .....	£3.00
Eggs on Toast (scrambled/poached or fried) .....	£3.00
Avocado Smash with Chilli & Poached Eggs .....	£3.50

*See Specials Board for Daily Specials*

# SANDWICH MENU

Choose White or Malted Wheat Bloomer or Tortilla wrap

Served with hand cooked crisps - £4.50 (Add 50p for Panini, Toasted Sandwich)

Bacon, Brie & Cranberry	Smoked back bacon with creamy brie and a tangy cranberry sauce
Bacon & Avocado	Smoked back bacon, avocado and mayo
Chicken Salad	Slices of roast chicken with tomato, cucumber & lettuce with or without mayo
Houghton Ham	Local Houghton Ham - with or without salad/mustard
Chicken & Bacon	Slices of roast chicken with smoked back bacon and mayo
B.L.T	Classic bacon, lettuce and tomato - with or without mayo
Chicken & Avocado	Slices of roast chicken breast with avocado and mayo
Ploughmans	Houghton Ham with cheddar cheese, Friars Farm Chutney & baby salad leaves
Fish Finger Sandwich	Fish Fingers, tartar sauce and crispy iceberg lettuce
Tuna Mayo	Tuna Mayo and sweetcorn, cucumber or red onion
Southern Fried Chicken	Fillets of Southern Fried Chicken with Mayo and Crisp Iceberg Lettuce
Grilled Halloumi Salad (v)	Warm Grilled Halloumi with Salad and Baby Leaves
Cheese & Tomato (v)	Mature Cheddar Cheese with Ripe Tomato
Egg Mayo (v)	Local free range eggs
Cheese & Chutney (v)	Cheddar cheese with Friars Farm Chutney
Brie & Cranberry (v)	Creamy brie with tangy cranberry sauce
Houmous, Red Pepper & Avocado Salad (v)	Houmous with Roasted Red Pepper, avocado and baby salad leaves

*Other variations of these fillings are available - please ask a member of staff*

Kids Basic Sandwich Jam, Marmite, Ham, Egg Mayo, Cheese .....£2.50

## VEGAN SPECIAL

Falafel Wrap with Houmous, Roasted Red Pepper and Salad Leaves - Served with Crisps, why not try as a sandwich or a Panini .....£5.00

## REPLETE FLATBREADS

Indian Kulcha filled with homemade onion bhaji & a tomato & chilli chutney served with Friars Farm Chutney (Vegan) .£5.00  
Great British Flatbread filled with Cheese & Marmite Served with Crisps .....£4.00

## SALAD WITH SPECIALITY BREAD - £5.00

Choice of Farrington Mellow Yellow dressings - Honey & Mustard, Balsamic or Classic Vinaigrette  
Chicken & Bacon or Egg or Chicken & Avocado or Brie & Bacon or Grilled Halloumi

*Other variations available please ask a member of staff*

**QUICHE & SALAD - £5.50 (See board for daily specials)**

**JACKET POTATO WITH SIDE SALAD - £5.50**

Cheese & Coleslaw  
Baked Beans & Cheese  
Tuna Mayo & Cheese

*For allergy advice please ask a member of staff*

## LOYALTY CARD

Loyalty card terms and conditions - This offer is for hot drinks only.

## TAKE AWAY AVAILABLE

As part of Choice Catering Ltd we also provide catering for events and parties. Ask a member of staff for more details.

Forget Me Not CAFE

Moulton Community Centre, Reedings, Moulton NN3 7AX

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