



## The SWALLOW Community Café @ The Hive



# Food Menu

**We serve food and drink from  
8.45am - 3.30pm Monday, Tuesday,  
Wednesday, and Thursday.**

We are happy to provide special menus for  
group bookings at very reasonable prices.

Please discuss your requirements with our team  
**Café Mobile: 07834 598288**  
**Or via the Swallow office on 01761 414034**

**Daily Specials Available**  
**- please see board**



## Light Breakfast Snacks

BLT	£3.50
Egg on Toast	£3.00
Extra's 50p Beans, mushroom, tomatoes.	
Tea Cakes with butter and jam	£1.50

## Community Café Favourites

Homemade soup of the day	£3.50
Served with crusty white or wholemeal bread	
We often have Café made speciality bread, please see specials board for details	

Traditional Somerset Ploughman's Lunch (Veggie option available)	£6.00
Mature cheddar cheese, lean ham with white or wholemeal bread, side salad and pickle/chutney	

Dish of the day	£6.00
Please see specials board for details	

During the summer months we offer a delicious range of freshly made salads to eat in or takeaway

## Hot Panini / Sandwiches

We use mature cheddar cheese in our paninis and sandwiches. These are served with side salad and coleslaw.

### Paninis

Chicken, mozzarella and pesto	
Cheese and Tomato	£5.00
Tuna melt (tuna, cheese, red onion and jalapenos)	£5.00
Ham and Cheese / Ham and Tomato	£5.00
Brie and Bacon / Brie, basil and tomato	

Sandwiches	From £4.00
Ham and Tomato	
Club Sandwich (chicken, bacon, mayo, lettuce and tomato)	£5.50
Tuna Mayo	£4.00
Cheese and Coleslaw	£4.00
Ham and Coleslaw	£4.00
Egg Mayo and Cress	£4.00
Fish Finger	£5.00
Ploughman's	£4.00
Hummus and roasted vegetables	£4.00

Extra fillings of your choice	50p each
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Sandwiches can be made with white or wholemeal bread, and with low fat spread if required.

Gluten free bread is available for toasties and sandwiches

## Jacket Potatoes

All served with a side salad and butter

Butter	£4.50
Cheese	£5.00
Baked beans	£5.00
Tuna mayonnaise	£5.00

Extra fillings can be provided for 50p extra. Butter is provided separately.

## Pizza

9 Inch thin and crispy pizza with two toppings	£5.00
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Extra toppings can be added for 50p per item

## Desserts

A selection of fresh fruit	from 50p
See specials board for seasonal desserts	

## Children's Menu

Kids Pizza	£3.00
Lunch box	£3.00
Mini sandwiches, crisps with fruit juice or squash and cake	
Snacky Plate 6 items	£3.00

Little person's sized portion of any menu item also available

## Meeting Room Lunches

£5.00 per person

Round sandwiches (various fillings), fruit platter, selection of cakes and a bowl of crisps

## Where our food comes from

We source our food from a variety of local suppliers including Crop Drop and FareShare. We receive some excellent food donations from Tesco and donated Houmous from Precious Pea. All of our food is prepared to order by a team of members from SWALLOW, a local charity supporting teenagers and adults with learning disabilities. The experience they gain at the SWALLOW Community Café is very important.



# Drinks and Cakes



## Coffee

Freshly ground all priced at £2.00

Latte • Cappuccino • Mocha • White • Black

De-cafeinated also available

See our specials board for speciality coffees on offer



## Quality Teas

£1.50 per pot

Everyday Brew

Earl Grey

Fruit Teas – please ask for selection

Green Tea

De-cafeinated

**Hot Chocolate** £2.00 / **Special Hot Chocolate** £2.50  
**Milk** 50p

## Chilled Drinks

Small Fruit juices 50p

Cans £1.00

Bottled water – still or sparkling £1.00

Bottled drinks £2.00

## Mouthwatering Ice Cream Milk Shakes

All flavours £2.50

Strawberry • Chocolate • Banana • Raspberry

## Freshly Made Smoothies

Daily Special £2.50

## Cakes and Snacks

We serve a varied selection of fresh cakes and snacks.

We also have a lower sugar cake for you to try! These are individually priced.

**If you have any allergies or intolerances to any food or drink item please inform our staff and we can let you know of our recipe ingredients.**

**We do have nuts in our kitchen.**





# Welcome to the SWALLOW Community Café @ The Hive

**The café is run by SWALLOW,  
a charity supporting  
teenagers and adults with  
learning disabilities.**

The aim of this café is to support local people with learning disabilities, to allow them to gain useful work, life skills and experience whilst participating in meaningful work that benefits the local community.

## Opening Hours:

Monday 8.45am - 3.30pm  
Tuesday 8.45am - 3.30pm  
Wednesday 8.45am - 3.30pm  
Thursday 8.45am - 3.30pm

We wish to offer a friendly, warm welcome to all our customers and provide a healthy selection of locally produced food at reasonable prices. We use Fairtrade, local, and ethically produced ingredients wherever possible. Some herbs and salad crops come from our own community gardens. Our food is made to order if you have special dietary requirements please talk to us.

Gluten free cakes are usually available.

We welcome pre-ordered group bookings and can cater for any occasions, such as meetings and birthday parties. Just come and talk to us about your requirements.

If you have enjoyed your visit to our café, please come again and tell your friends about us. We welcome your feedback and suggestions.

**[www.swallowcharity.org](http://www.swallowcharity.org)**

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Registered charity number 1045893