

Light Breakfast Snacks

Bacon Roll	£3.00
Scrambled Egg on Toast	£3.00
(with free range eggs. Beans and/or Bacon can be added at an extra cost of 50p per item)	
Toast and homemade marmalade	£1.00
Tea Cakes with butter and jam	£1.50

Community Café Favourites

Café made soup of the day	£3.50
Served with bread and butter	
Quiche of the week	£5.00
Served with salad and new potatoes	
Traditional Somerset Ploughman's Lunch	£5.00
Cheese, ham, pickle / chutney, salad and fresh bread	
Vegetarian Ploughman's	£5.00
Cheese, hummus, pickle / chutney, salad and fresh bread	
Dish of the week	£6.00
Please see specials board for details	

During the summer months we offer a delicious range of freshly made salads

Hot Panini / Sandwiches

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

Cheese & Tomato Tuna melt (tuna cheese and red onion)	
Ham & Cheese / Ham & Tomato	
Brie & Bacon / Brie basil and tomato	
All paninis and toasted sandwiches	£5.00
Sandwiches	£4.00
Extra fillings of your choice	50p each

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 coleslaw	
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

Large 12 inch thin and crispy pizza with any two toppings	£5.00
Children's pizza	£2.50
Extra toppings can be added for 50p per item	

Desserts

Café made cheesecake	£2.50
Café made cakes	£2.50
Freshly made fruit salad	£2.00
served with ice cream or cream, crème fraiche	
Fruit kebab	50p
A selection of fresh fruit	from 30p
See specials board for seasonal desserts	

Children's Menu

Lunch box	£2.50
Mini sandwiches, crisps with fruit juice or squash and cake	
Little person's sized portion of any menu item also available	

Where our food comes from

We source our food from a variety of local suppliers including Arthur Davies, Crop Drop and Fairtrade. 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 £1.80
Latte • Cappuccino • Mocha • White • Black
De-caFFEinated instant also available
See our specials board for speciality coffees on offer

Quality Fairtrade Teas

£1.50
Everyday Brew
Earl Grey
Fruit Teas – please ask for selection
Green Tea
De-caFFEinated

Hot Chocolate £1.80 / Special Hot Chocolate £2.00
Milk 50p

Chilled Drinks

Small Fruit juices	50p
Cans	£1.00
Special flavoured bottled drinks	£2.00
Bottled water – still	£1.00
Bottled drinks	£2.00

Mouthwatering Ice Cream Milk Shakes

All flavours	£2.00
Strawberry • Chocolate • Banana • Raspberry	

Freshly Made Smoothies

Daily Special £2.00

Cakes and Snacks

£2.50

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.