

## EMMAUS BREAKFAST £8.00

2 eggs (fried or scrambled (DAIRY) (EGG)), Brook Farms Cumberland sausage (GF), 2 rashers of bacon & Heinz baked beans, grilled tomato, one slice of toast (WHEAT, BARLEY, SOYA) & butter (DAIRY) and a mug of tea. NO CHANGES

## EMMAUS VEGETARIAN BREAKFAST (V) £8.00

2 eggs (fried or scrambled (DAIRY) (EGG)), 2 hash browns (WHEAT), 2 vegetarian sausages (WHEAT), Heinz baked beans, grilled tomato and one slice of toast (WHEAT, BARLEY, SOYA) & butter (DAIRY) and a mug of tea. NO CHANGES

**Ask about how to make your breakfast more vegan friendly.**

(To upgrade your breakfast drink, there will be a surcharge of 30p for instant coffee or speciality tea, 75p for hot chocolate or a canned drink or £1.50 for one of our espresso-based coffees)

## BREAKFAST EXTRAS

Extra sausage £1.80

Extra beans £1.80

Extra bacon £1.60

Extra grilled tomatoes £1.50

## SANDWICHES (wheat, barley, soya, dairy) & JACKET POTATOES

	SANDWICH	JACKET POTATO
Plain Jacket potato		£3.50
Heinz baked beans		£4.50
Homemade coleslaw (egg, milk, mustard)		£4.50
Grated Cheddar Cheese (v) (dairy)	£3.75	£4.75
Tuna with mayonnaise (fish, egg, milk, mustard)	£4.20	£5.20
Egg Mayonnaise (v) (egg, milk, mustard)	£3.50	£4.50
Ham (2 slices)	£4.50	£5.50
Bacon	£4.75	£5.75
Sausage	£4.75	£5.75
Fish Fingers (wheat, mustard)	£6.00	
Vegan Sausage (vg) (wheat)	£4.50	£5.50

**TOASTED SANDWICHES 50p EXTRA**

## HOT FOOD

**EMMAUS WELSH RAREBIT (1 slice) £3.00, (2 slices) £5.00**

A combination of Cheddar cheese, creamy béchamel,

Worcester sauce and a few spices served baked on top of bread. (Wheat, dairy, mustard, fish)

**Top with a fried egg £1.10**

**We recommend a slice of ham £1.50**

**CHEESE ON TOAST (1 slice) (v) £2.00**

**CHIPS Plain (vg) £2.40**

**HOMEMADE SOUP** served with crusty baguette. See the Talking Wall for today's choice.

## **KIDS' STUFF (also for those with a smaller appetite)**

<b>Smaller breakfast served with a piece of toast</b>	<b>£5.00</b>
1 egg, 1 bacon, hash brown, beans OR, for vegetarian, 1 egg, 1 veggie sausage, 1 hash brown and beans.	
<b>Sausage, chips and beans</b>	<b>£4.50</b>
<b>Smaller soup with a slice of bread</b>	<b>£2.25</b>
<b>½ Jacket potato</b>	<b>£3.25</b>
Ham, tuna mayonnaise, cheese, egg mayonnaise or Heinz baked beans	
<b>Half size sandwich with one of the following</b>	<b>£2.75</b>
Ham, tuna mayonnaise, cheese, egg mayonnaise	
<b>Kids' fish finger sandwich</b>	<b>£3.25</b>
<b>Small Plain Chips (vg)</b>	<b>£1.80</b>
<b>Small Cheesy Chips (v)</b>	<b>£2.50</b>
<b>1 slice of cheese on toast</b>	<b>£2.00</b>
<b>Heinz baked beans on toast, 1 slice</b>	<b>£1.85</b>
<b>Heinz baked beans on toast, 2 slices</b>	<b>£3.50</b>

## **CAKES**

Please ask at the counter for today's choices and any allergen information.

### **Toasted tea cake**

## **HOT DRINKS**

Cappuccino	<b>£3.00</b>
Espresso	<b>£2.00</b>
Flat White	<b>£2.50</b>
Americano	<b>£2.50</b>
Tea	<b>£1.20</b>
Instant coffee or herbal tea	<b>£1.30</b>
Hot Chocolate	<b>£2.00</b>

## **COLD DRINKS**

Still or sparkling mineral water	<b>£1.30</b>
Carton of Orange or Apple Juice	<b>£1.30</b>
Can of Coca cola, Diet Cola Tango, Rio or 7 Up	<b>£1.40</b>
Glass of milk	<b>£1.25</b>
Babyccino	<b>£0.75</b>

## **FOOD ALLERGIES AND INTOLERANCES**

Please speak to our team before ordering if you have any questions about the ingredients in any of our dishes.