

Soups

Soup – Seasonal, freshly made with locally sourced fresh crusty bread **£3.25** 🍏

Specials

Specials Served with Salad of leaves with Balsamic, Olive oil and Citrus zest dressing **£5.50**

Sandwiches

Sandwiches, Panini, Wholemeal Bagels, Wraps and salad garnish or served as a full salad of leaves with Balsamic, Olive oil and Citrus zest dressing

	salad	wrap	bagel	sandwich	panini
Breast of Chicken with a choice of Lemon, Garlic or Light Mayonnaise 🍏	£4.60	£4.60	£4.70	£3.90	£4.85
Tuna Florian (Tuna, Dill Mayo & Capers) 🍏	£4.60	£4.60	£4.70	£3.90	£4.85
Prawns with a Choice of Lemon, Garlic or Light Mayo 🍏	£4.70	£4.70	£4.80	£3.90	£4.95
Homemade Humous and Mediterranean vegetables 🍏	£4.60	£4.60	£4.70	£3.90	£4.85
Homemade Honey Roast Ham, Cheddar & Pickle 🍏	£4.70	£4.70	£4.80	£3.90	£4.95
Brie, Rocket & Grape 🍏	£4.75	£4.75	£4.85	£3.90	£4.95
Bacon, Brie & Cranberry	£4.75	£4.75	£4.85	£3.90	£4.95
Mediterranean vegetables 🍏	£4.50	£4.60	£4.60	£3.90	£4.60
Coronation Chicken 🍏	£4.60	£4.60	£4.70	£3.90	£4.85
Cream Cheese Light with Onions, Tomato 🍏	£4.50	£4.60	£4.60	£3.90	£4.60
Egg and Cress with Light Mayonnaise 🍏	£4.50	£4.60	£4.60	£3.90	£4.60
Cheese and Tomato	£4.50	£4.60	£4.60	£3.90	£4.60

Sweets

Speciality Cakes & Pies

Carrot & Mango	£2.30
Beetroot & Walnut	£2.30
Courgette & Pineapple	£2.30 🍏
Lemon Polenta tart (Gluten Free)	£2.30
Low Sugar Fruitcake (Diabetic)	£2.00 🍏
Apple Pie	£2.30
Check the board for specials	

Home baked Favourites

Victoria Sponge	£1.95
Chocolate Sponge	£1.95
Coffee & Walnut Sponge	£1.95
Lemon Sponge	£1.95
Creamed Meringue	£2.00
Scone, butter & jam	£1.80
Toasted Teacakes	£1.80
Ginger Bread	£1.75
Banana bread	£1.75
Toffee Loaf	£1.75
Fruit Loaf	£1.75
Chocolate Brownies	£1.90
Caramel Slice	£1.90
Tray bakes	£1.25

Fair trade biscuits and bars	£0.95 - £1.50
Crisps	£0.60

Beverages

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Americano	£1.90
Cappuccino	£2.10
Latte	£2.10
Latte Macchiato	£2.10
Mocha	£2.30
Espresso	£1.50
Cade Crema	£2.10
Tea	£1.35
Herbal Teas	£1.40
Hot Chocolate	£1.90
Creamy Hot Chocolate	£2.10
Hot Chocolate with Marshmallows	£2.45
Milk (Low Fat)	£0.70 🍏
Carbonated drinks	£1.00
Fruit juice cartons	£0.50 🍏
Cordials	£0.40
Fresh fruit Juice	£1.70 🍏
Flavoured Waters	£1.25
Mineral Water	£1.25 🍏



Gill Orde in Catering



at Harestanes

**Gill Orde in Catering
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