

Served from 11:30am - Vegan and Gluten-Free versions of many menu items are available - Please inform staff of any allergies.



LUNCH MENU

Marmalade Skies Tearooms and Play Cafe

Homemade Food | Child-Friendly | Party Venue



MarmaladeSkiesTearooms.co.uk

SPECIALS OF THE DAY

Homemade Quiche and Omelette are served with a crisp Side Salad, Tortilla Chips and Homemade Hummus

SOUP WITH BREAD (V OR VE) £4.25

QUICHE, SALAD AND HUMMUS (V) £5.75

OMELETTE, SALAD AND HUMMUS **KIDS** £3.00 **REG** £5.75

FROM THE CHILLER

UPGRADE YOUR SIDE SALAD TO GREEK CHICKPEA SALAD (VE) £0.75

All Sandwiches, Toasties and Ciabattas are served with a crisp Side Salad (Add a Mug of Soup to any Sandwich, Toastie or Ciabatta +£1.75)

SANDWICHES £4.50

Cheddar and Ham | Cheddar and Tomato (V) | Cheddar and Onion (V)
Hummus and Salad (VE) | Peanut Butter, Banana and Maple Syrup (VE)

TOASTIES OR CIABATTAS £4.75

Cheddar and Ham | Cheddar and Tomato (V) | Cheddar and Onion (V)

SPECIALITY SANDWICHES OR TOASTIES OR CIABATTAS £ VARY

From a selection in the Chiller (V and VE available)

PESTO PASTA SALAD (V) **REG** £3.75 **LRG** £5.50

Pasta with fresh Baby Spinach Leaves and Cherry Tomatoes combined with our Homemade Pesto and topped with Toasted Pine Nuts

GREEN SALAD (VE) **REG** £3.50 **LRG** £4.75

A healthy crisp green salad with Cherry Tomatoes, Grated Carrot and Olives with Balsamic Dressing and a pot of Homemade Hummus

MEZZE SALAD (VE) **REG** £4.50 **LRG** £5.95

Greek Chickpea Salad with Homemade Hummus, Olives and Toasted Ciabatta

Kids Meal Deal

SANDWICH Jam **OR** Cheese **OR** Ham **OR** Peanut Butter **OR** Cream Cheese **OR** Hummus
SIDE Tortilla Chips **OR** Goodies Organix Snacks **OR** Veg. Sticks
FRUIT Piece of Fruit **OR** Fruit Salad **OR** Raisins
DESSERT Mini-Muffin with Natural Greek Yog. **OR** Mini-Muffin with Fruit Yog. Tube
DRINK Orange Cordial **OR** Blackcurrant Cordial **OR** Milk
(Carton of Fairtrade Orange or Apple Juice +25p)

£4.50

KIDS AND BABIES SPECIALS

MINI-SOUP WITH BREAD (V OR VE) £2.25

PESTO (V) OR TOMATO SAUCE (VE) PASTA £2.50

PLAIN PASTA WITH SIDE OF CHEESE & CHERRY TOMATOES (V) £2.50

PICK AND MIX

1 Item £0.90 **3 Items** £2.30 **4 Items** £2.80 **5 Items** £3.25

Snack-sized portions of the following items:

Cucumber | Red Pepper | Cherry Tomatoes | Carrot Sticks | Raisins | Apple Slices
Grapes | Satsuma | Mango | Banana Slices | Fruit Pot | Strawberries | Melon
Breadsticks | Rice Cakes | Cream Crackers | Tortilla Chips | Toast Fingers
Pasta Spirals | Hummus | Cream Cheese | Cheddar Cheese | Chicken Breast
Sausage | Natural Yoghurt | Fruit Yoghurt Tube | Marshmallows

BABY LED WEANING PLATTER

£2.00

Choose 4 items from our Pick and Mix, served in smaller portions, excludes Sausage and Fruit Yoghurt Tube

MINI-MEALS ON TOAST

KIDS £1.75 **REG** £3.25

Scrambled Egg (V) | Beans* (VE) | Cheese (V)

*Kids Beans are Reduced Salt and Sugar Beans

TREAT YOURSELF

ADD FETA (V) OR CHEDDAR CHEESE (V) £0.90

ADD CHICKEN OR BACON £1.25

HUMMUS & TORTILLA CHIPS (VE AND GF) £1.00