

Sandwiches



- | | Eat in T/A |
|---------------------------------|---------------|
| • Egg Mayonnaise (v) | £4.50 £4.20 |
| • Cheddar & Chutney (v) | £4.50 £4.20 |
| • Brie & Cranberry (v) | £4.50 £4.20 |
| • Ham Salad | £4.50 £4.20 |
| • Tuna Mayo & Cucumber | £4.50 £4.20 |
| • Smoked Salmon & Cream Cheese | £4.60 £4.30 |
| • Coronation Chicken | £4.50 £4.20 |
| • Hummus & Roasted Pepper (vg) | £4.50 £4.20 |
| • Avocado & Roasted Pepper (vg) | £4.60 £4.30 |

Panini



Eat in £4.50 | Takeaway £4.20

- Smoked Salmon & Cream Cheese
- Cheese & Onion (v)
- Chicken, Pesto & Cheese
- Tuna Melt

Soup



Eat in £5.00 | Takeaway £4.70

Freshly homemade everyday. Served with baguette or bread (vg)

Salad

Eat In £7.50 | Takeaway £7.30

- Salad Nicoise
- Caesar Salad
- Ropetackle Salad



Buddha Bowls



- Raw Vegan - £8.00

Quinoa, chickpeas, salad, avocado, toasted sesame seeds, satay sauce

- Cooked Vegan - £8.00

Wild rice, tofu, pumpkin, sweet potato, kale, spinach, broccoli, asparagus, bok choy, salad, cabbage

Jacket Potato

£5.50 - choose any filling

Extras

Avocado – 50p | Salad item – 20p | Smoked ham – 50p |
Smoked salmon - £1 | Bacon - £1 | Chicken - £1 |
Cheese – 50p | Bread – 50p | Beans – 50p |
Tuna – 50p

HOT MEALS OR SANDWICHES – EAT IN OR TAKEAWAY

Drinks Menu

Coffee

- Double Espresso - £2.20
- Americano - £2.40
- Flat White - £2.40
- Cappuccino - £2.60
- Latte - £2.60
- Mocha - £2.70
- Filter Coffee - £2.20
- Chai Latte - £2.60
(Decaf available)
- Babyccino - 50p
- Extra Shot - +40p
- Flavoured Syrups - +40p
- Soya, Oat, Almond milk - +30p



Cold Drinks

Coke, Diet Coke, Sprite - £1.70

Mineral Water - Still or Sparkling - £1.50

Folkington's Fruit Juice & Presse

(Elderflower | Pink Lemonade | Cranberry Juice

Orange Juice | Cloudy apple) - £2.20

Fruit Smoothies - £4.00

Mixed fruits + fruit juice (ask for today's fruits)

Tea



English Breakfast | Earl Grey

Chamomile | Peppermint | Fruit Tea | Rooibos

Mug - £2.00 | Pot - £2.20

Hot Chocolate

- Regular Mug - £2.80
- Jodie's Hot Choc Deluxe (served with whipped cream & marshmallows) - £3.00

Milkshakes

Made with Ice-Cream
£3.50

Strawberry / Chocolate
Vanilla / Banana

Alternative milkshakes (vg) £4.00

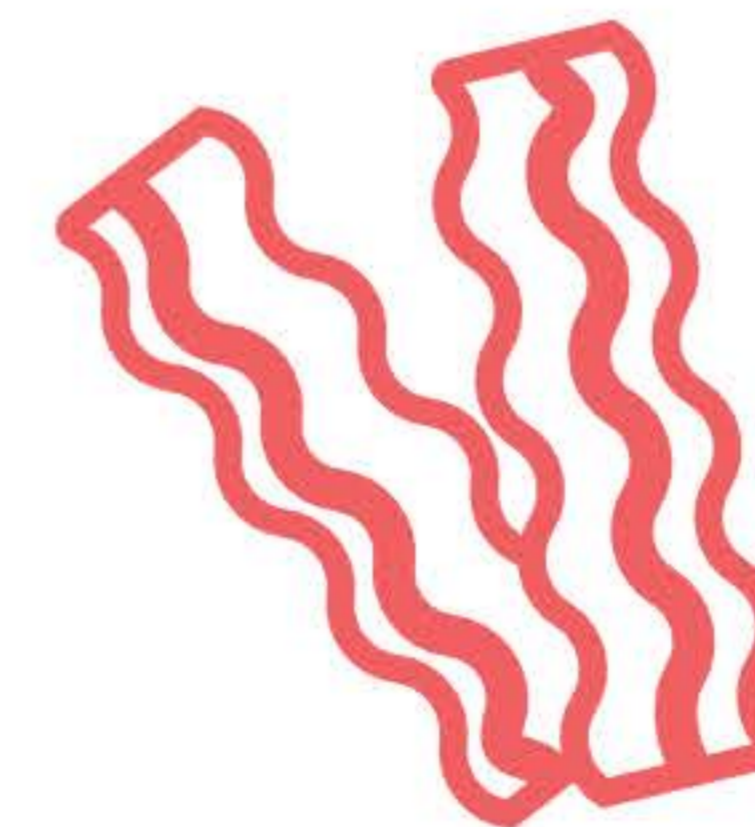
ROPETACKLE CAFÉ

Breakfast

(served 10-12)



- Toast with butter, jam or marmalade £2.25
- Crumpets with butter, jam, peanut butter or marmite (v, vg) £2.25
- Scrambled eggs on toast (v) £4.00
- Scrambled eggs with smoked salmon on toast £5.50
- Egg and bacon sandwich £4.50
 - Bacon sandwich £4.00
 - Beans on toast (vg) £3.50



Specials

Every Thursday & Friday
Hot meals or Sandwiches
See our special board weekly
£7.50



All profits from this cafe support the sustainability of Ropetackle Arts Centre