

strudel café menu

breakfast

- 2 toast £1.75
- beans on toast £3.40
- 2 scrambled eggs on toast £3.75
- high protein:1 yolk,3 whites £3.95
- porridge with honey £2.85

salads £5.50

- superfood!* Tuscan tuna & quinoa
with edamame
- detox!* sweet potato, feta and
beetroot
- low-calorie!* Israeli salad with
cottage cheese
- falafel and wild rice salad,
with Pita & Hummus
- smoked salmon & edamame with a
wasabi dressing

salads come with baguette-wedge, ricecakes or ryvita

mains

- veggie meatballs & spaghetti £5.5
- roasted Vegetable Lasagne & Salad £5.5
- pan fried seabass
with wild rice salad £6
- goujons, mash & salad £5.5

wraps £4

- tuna & quinoa
- sweet potato & feta
- falafel & salad

sandwiches

- sliced bread £3
- baguette £3.75

- feta & tomato
- smoked salmon & cream cheese
- cheese & salad
- egg mayo
- tuna mayo

soup

- soup of the day & wedge £3.25
- with ½ baguette £4.50
- (tuna or egg mayo)*

jacket potatoes

- cheese, cottage cheese, egg
mayo, tuna mayo, bakedbeans,
tuscan tuna, sweetcorn
- one filling £3.90
- two fillings £4.40
- sweet potato add 85p

cakes, pastries & hot drinks

strudel café drinks

hot drinks

tea	£1.40	café americano	£1.50
herbal teas	£1.40	espresso	£1.50
hot chocolate	£1.70	extra shot	£0.80
spiced chai latte	£1.80	cappuccino	£1.70
mochachino	£1.80	café latte	£1.70

cold drinks

canned drink	£1.10/1.30
cartons	£1.00
mineral water	£1.10

children's menu

plain pasta bowl	£2.50
tomato pasta	£3.00
fish goujons	£3.50
(with potato wedges)	
fish fingers	£3.50
(with mash & baked beans)	
½ jacket potato	£2.50
(with cheese/beans)	
½ sandwich	£1.50
(tuna/egg/cheese)	

Please ask if you would like this blended