

# Café Menus

Quality fresh food at fair prices.



POPULAR

**HARCA** Cafés

⋮ Bow Brew

⋮ Spotlight.

⋮ 'feldy

# Spotlight.

## BREAKFAST

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Toast and jam	£1
Croissant / pain au choc	£1.5
Bagel + spreads	£2
Porridge	£2
Baked egg bagel	£3

## SANDWICHES

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Tomato mozzarella	£3.5
Tuna crunch	£3.5
Falafel, hummus	£3.5
Spiced Chicken w/ Mayo	£3.5

## SWEET TREATS

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Cookie	£1.5
Flapjack	£1.5
Brownie	£2
Banana Bread	£2

## SALAD

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Tomato mozzarella	£3.5
Tuna crunch	£3.5
Falafel and Hummus	£3.5
Spiced Chicken	£3.5

## SNACKS

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Fruit	50p
Crisps	£1
Cereal bar	£1

## SPECIALS

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Special of the day veggie	£4
Special of the day meat	£5

### **Monday**

Veg | Fish | Chicken curry + rice

### **Tuesday**

Bean | Beef Chilli + rice

### **Wednesday**

Veg | Beef casserole with  
crushed potatoes

### **Thursday**

Spinach | Beef lasagna + salad

### **Friday**

Fried Chicken with Coleslaw or  
Fried Cod with Crushed peas +  
potato wedges.

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Breakfast served until 11.00am |  
Lunch from 11.30am- 2.30pm

# Bow Brew

## BREAKFAST

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Toast and jam	£1
Croissant / pain au choc	£1.5
Bagel + spreads	£2
Porridge	£2
Baked egg bagel	£3

## SANDWICHES

---

Tomato mozzarella	£3.5
Tuna crunch	£3.5
Falafel, hummus	£3.5
Spiced Chicken w/ Mayo	£3.5

## SWEET TREATS

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Cookie	£1.5
Flapjack	£1.5
Brownie	£2
Banana Bread	£2

## SALAD

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Tomato mozzarella	£3.5
Tuna crunch	£3.5
Falafel and Hummus	£3.5
Spiced Chicken	£3.5

## SNACKS

---

Fruit	50p
Crisps	£1
Cereal bar	£1

## SPECIALS

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Seasonal Soup	£3.5
Special of the day veggie	£4
Special of the day meat	£5

### Monday

Veg | Fish | Chicken curry + rice

### Tuesday

Bean | Beef Chilli + rice

### Wednesday

Veg | Beef casserole with  
crushed potatoes

### Thursday

Spinach | Beef lasagna + salad

### Friday

Fried Chicken with Coleslaw or  
Fried Cod with Crushed peas +  
potato wedges.

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Breakfast served until 11.00am |  
Lunch from 11.30am- 2.30pm

# 'feldy

## food

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### BREAKFAST

Croissant/ pain au choc £1.50

Bagel + spread £2.00

*Spreads: jam, butter or cream cheese*

Porridge £3.00

Egg bagel £3.00

### SANDWICHES

Chicken £3.50

Tuna Crunch £3.50

Tomato mozzarella £3.50

Falafel and hummus £3.50

### SPECIALS

Veggie dish of the day £4.00

Meat dish of the day £5.00

### SWEET TREATS

Cookie £1.50

Flapjack £1.50

Brownie £2.00

Loaf Cake £2.00

## COFFEE

Americano £1.70

Flat white £2.20

Cappuccino £2.20

Latte £2.20

## TEA

English breakfast £1.00

Earl grey £2.00

Herbal £2.00

## weekly specials

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### MONDAY

Curry rice and dahl

### TUESDAY

Bean chilli + jacket potato

### WEDNESDAY

Casserole with crushed potato

### THURSDAY

Lasagne + salad

### FRIDAY

Fried chicken with wedges + slaw

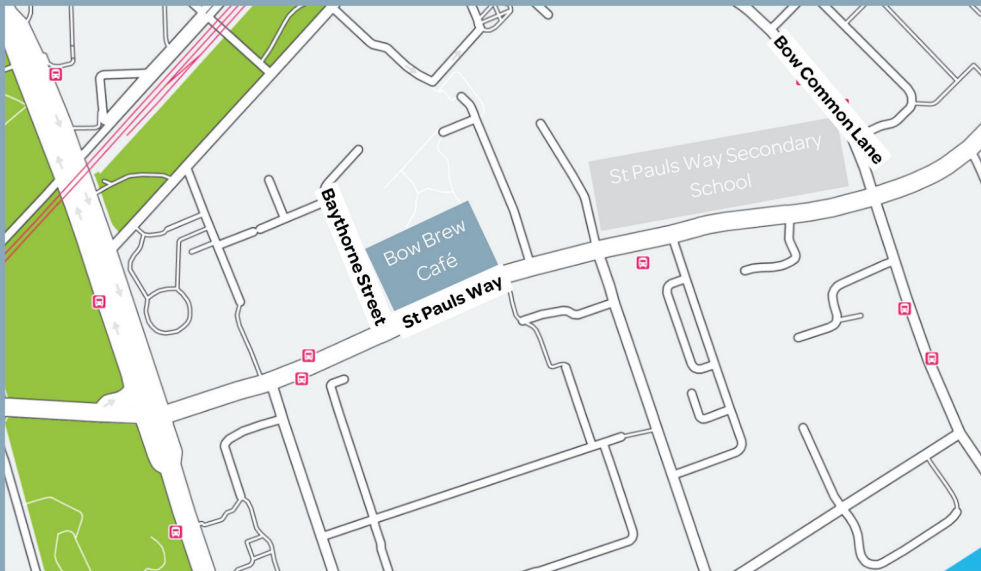
*Menu subject to change due to availability*



# Where to find us?

## Spotlight.

Mon- Fri  
8.30am-3.00pm



## Bow Brew

Mon- Fri  
8.00am-4.00pm

## 'feldy

Mon- Fri  
9.00am-3.00pm

