



Welcome to Camphill Café Menu

Hot Beverages

Cappuccino or Latte	£2.50
Americano or Espresso	£2.00
Barley Cup (Caffeine Free)	£2.00
Hot Chocolate	£2.50
English Breakfast Tea	£1.75
Speciality ' twist tea ' blends with benefits see tea menu.....	£2.00

Chilled Beverages

Sparkling Mineral Water	£2.00
Organic Canned Ginger Ale or Elderflower.....	£1.80
Organic Canned Lemonade, Cola, or Cranberry	£1.80
Soya Milk Shake – Chocolate, Strawberry or Banana.....	£1.50
Orange or Apple Juice	£2.50
Cold Brew, ' twist tea ' blends with benefits see tea menu	£2.00

Wine by the Glass.....£4.00

Dry White ABV 12%, Rose – medium rose, ABV 12.5%

Red Wine- medium bodied– ABV 13.5%

Real Ale (500ml).....£4.00

Milton Keynes Concrete Cow Brewery – our range changes according to the latest brews. Ask staff for details. ABV variable.

Homemade Cakes from the Counter

Coffee and Walnut, Victoria Sponge, Chocolate Chip, Vegan Ginger Cake, Gluten Free Lemon or Carrot Cake, Bakewell Tart..... £2.50

Cheese or Sultana Scone, Tea Cake or Toast

- Served with butter and homemade preserve£2.00
- Add clotted cream£1.00

Customer Information

*Food is freshly prepared on the premises. Wherever possible we use our own produce and ethically sourced ingredients. Please ask for dietary and allergen information for any of our products some of which contain nuts, gluten, seeds and soya. **Please note all food is prepared in areas where known allergens are present.***

Lunch Served Between 12 and 2pm

Please see the Boards or table slip for Today's Lunch Specials

Seasonal Soup of the Day – served with Bread and Butter.....£5.00

Add a Side Salad..... £3.00

House Special£6.50

Jacket Potatoes – a baked potato served with a salad.....£4.50

Add fillings from the list below..... 85p each

Egg	Mushroom Pate	Brie	Baked Beans	Hummus	Cheese
Sundried Tomatoes		Olives	Coleslaw	Goats Cheese	

Simply Salad – a selection of salads with coleslaw,£3.50

Add toppings from the list below.....75p each

Egg	Mushroom Pate	Brie	Sundried Tomatoes
Cheese	Hummus	Goats Cheese	Olives

Add Bread and Butter or Rice Cakes.....£2.00

Sandwiches and Toasted Sandwiches.....£4.50

Create your favourite sandwich combination using the following fillings:

Egg	Mushroom Pate	Brie	Sundried Tomato	Coleslaw
Onion	Mixed Salad	Cheese	Hummus	Goats Cheese

Dessert of the Day– see the board subject to availability.....£4.00

A Little bit about Us

Our aim is to create a safe and stimulating environment, fully integrated into the surrounding community that allows individuals to develop in accordance with their own needs.

The Café is **open Monday to Friday 10am to 4pm**. The food we serve is vegetarian, freshly prepared on the premises and where possible we use Camphill grown or ethically sourced ingredients. Our aim is to create a peaceful atmosphere accompanied with good food and a first-class friendly service.

The Camphill Bakery supplies the Café with all its bread using organic flour. They also produce freshly baked cookies, cakes and a selection of artisan breads; alongside our Land Craft Workshop who create a range of preserves from our own grown soft fruit, vegetables and herbs. These products are incorporated into our menu and are also for sale to take home in our retail area located within the Café.

The Café is one of our Workshop for people with a wide range of abilities providing training in food preparation, food safety and customer care. We very much hope you enjoy coming to the café. Please also visit our open Weavery, Pottery and Craft studios where you can meet our crafters in action. Each studio has a small retail outlet with a selection of the unique hand made products on sale.

If you would like more information about Camphill Milton Keynes Communities, please visit our website-

www.camphillmk.co.uk

www.facebook.com/camphillmiltonkeynes

Julia Funge – Day Opportunities Manager