



The Good Food Corner

### **Light Bites:**

#### **Sandwiches served on fresh seeded bread:**

Mackerel pate with salad	£1.80
Tuna and sweetcorn with salad	£1.80
Cheese with salad	£1.80
Hummus with salad	£1.70
Roast meat with salad (when available, please ask)	£1.85
Peanut butter with salad	£1.50
For toasted sandwiches add	25p

#### **Salad bowls:**

with cheese	£2.00
with mackerel pate	£2.00
with tuna and sweetcorn	£2.00
with hummus	£2.00
with roast meat (when available, please ask)	£2.00

#### **Extras**

Coleslaw or mixed salad	50p
Poached egg on toast	£1.00
2 poached eggs on two toasts	£1.50
Omelette with cheese or tomato or onion	£1.50
extra ingredients add 30p each	
Welsh Rarebit served	£2.50
with sprouted seeds (when available)	
with one or two eggs plus per egg -	30p
Grilled sardines in tomato sauce on toast	£1.50

#### **Soup:**

Homemade soup of the day with a roll or scone (check the chalk board for today's soup)	£1.80
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#### **Bigger Bites:**

<b>Large Baked Potato – all served with side salad</b>	£2.00
with mackerel pate,	£3.00
with cheese and coleslaw	£3.00
with hummus	£3.00
with tuna and sweetcorn	£3.00
add grated cheese, coleslaw or mixed salad	50p

Dairy and Gluten free options – please ask us what options are available

Please order and pay for food at reception

## **Main Meals:**

Available Wednesday evenings and Sundays, please check the chalk board,  
always a vegetarian option available £3.00

## **On Sunday:**

Sunday roast with desert £5.00

## **Sweet Treats**

### ***Puddings:***

Organic yoghurt with banana and honey (or other fruit as available) £1.00

Rice Pudding (as available in the winter) £1.00

## **Biscuits, cookies and cakes**

**from 20p**

Please note that selection varies, see cake stands for availability

Please ask what sweet treat options are dairy and/or gluten free

## **Takeaways**

Coleslaw and salad per box £1.00

Frozen meals per box (when available, please ask for selection) £1.00

## **Café Drinks**

Americano without milk 75p

Americano with hot or cold milk £1.00

Latté £1.00

Cappuccino £1.00

Espresso 75p

Tea 65p

Fruit or herb tea (please ask for selection) 50p

Redbush tea without milk 50p

with milk 60p

Cartons of fruit juice (please ask for selection) 50p

The Corner House helps people live a fulfilling, engaging and meaningful life by providing opportunities, in a safe environment, to develop and maintain a sense of mental health and wellbeing.

What and how you eat can profoundly effect your mood. Most of our meals and snacks are designed with that in mind.

All the ingredients we use support and sustain the link between nutrition and emotional well-being.

All our food is made fresh on the premises, or is locally sourced where possible.

#### Our opening hours:

Monday	10:00am – 1:30pm
Tuesday	10:00am – 2:00pm
Wednesday	3:30pm – 7:00pm
Thursday	10:00am – 2:00pm
Friday	10:00am – 2:00pm
Sunday	10:00am – 2:00pm

Comments, Complaints, Suggestions?  
Ask to talk to the food coordinator.