

# CAMPHILL KIDS MENU

Vegetarian - Vegan - Local - Organic

Since 1997

LUNCH MEALS £3.50

Cup of Soup, bread dippers

Toast - Cheesy & Beansy or

Chocolatey & Nutty

Baked Potato, Cheesy Beans, Slaw

Little Buddha Bowl - Mini Superfood
Salad

Tomato & Cheese Flatbread Pizza Slices, Salad

Corn Taco, Refried Beans, Sweetcorn Salsa, Salad





# GO BANANAS!!

Pick your own piece of fruit from our greengrocers (included in price of meal)



Chocolate Brownie
Peanut Butter Ball





VEGETARIAN - VEGAN - LOCAL - ORGANIC SINCE 1997

## BRUNCH

#### OATS

Granola, Yoghurt, Fruit Compote	£4.50
Granola, Agave, Fruit Compote (v)	£4.50
Porridge, Plain & Simple (gf, v)	£4.00
Porridge, Cinnamon, Fruit Compote (gf, v)	£4.50

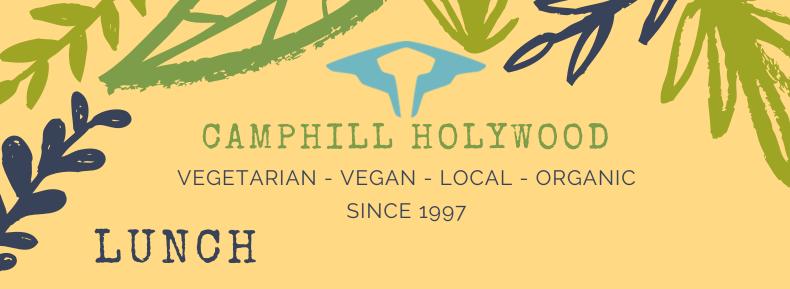
#### **TOASTS**

## Pick your bread, freshly baked in our award winning bakery;

White, Wholemeal, Wheaten, Gluten-free

Butter, Camphill Jam (gf, v)	£2.50
Chocolatey Nut Spread; our own chocolate, hazelnut & walnut	£3.00
butter (gf)	
Classic Beans on Toast (gf, v)	£4.00
Eggs; 2x Poached, Fried or Scrambled (gf)	£4.50
French Toast, Syrup, Cinnamon	£4.95
Slow-roast Tomato, Mushroom, Vegan Sausage, Egg (gf, v)	£5.95





£4.75

£4.75

£0.50

## SANDWICH BAR

Pick your bread, freshly baked in our award winning bakery;
White, Wholemeal, Wheaten, Glutenfree, Olive Roll
OFFICE - Goats Cheese, basil pesto, sun-dried tomatoes, leaves (gf)

HUMMUS - Camphill hummus, £4.75 smoked paprika, cucumber, peppers,

leaves (gf, v)

**CHEF** - Grilled cheese, red onion, slow **£4.75** roast tomato (v)

**CAMPHILL P.L.T.** - Roasted peppers, lettuce, tomato, mayo (gf, v)

YOUR STYLE - Pick 3 toppings £4.50

#### Extra Toppings;

Vegan - hummus, salad leaves, tomato, cucumber, red onion, sundried tomatoes, peppers, Camphill chutney, tapenade, caramelised onions, sweetcorn salsa
Veggie - cheddar, goats cheese, feta, slaw, basil pesto, egg mayo

#### SALADS

**GARDENER'S PLATE** - Selection **£6.25** of grilled, roasted & raw organic vegetables, dressed leaves, slaw, homemade pickles (gf,v)

SUPERFOOD - Sweet potato, £6.50 cashews, toasted pumpkin seeds, dried cranberries, cucumber, tomato, pickled red onions, leaves, dill dressing (gf, v)

**GREEK -** Feta, olives, sun-dried tomatoes, cucumber, leaves, pine nuts, balsamic dressing (gf) **CHICKPEA BOWL** - Spiced

chickpeas, roast peppers, red onion, garlic & lemon oil, leaves, hummus pot, flatbread dippers

(gf.v)

OATS & GOATS - Goats cheese, £6.50 caramelised onions, nut granola, tomato, cucumber, peppers, leaves, house dressing

PLEASE INFORM YOUR SERVER OF ANY FOOD
INTOLERANCES OR ALLERGIES
GF - GLUTEN FREE OR GLUTEN FREE ALTERNATIVE
AVAILABLE
V - VEGAN OR VEGAN OPTION AVAILABLE



£6.25

£6.50



£4.45	BREAD BASKET - Selection of	£3.75
	our home baked breads (v)	
£6.65	<b>HUMMUS BOARD</b> - Selection of	£4.25
£6.50	breads, hummus pot (v)	
	TAPENADE BOARD - Selection	£4.25
	of breads, tapenade pot (v)	
£6.65	BAKED POTATO (gf,v)	£2.00
	<b>HUMMUS POT</b> (gf,v)	£1.00
£5.50	TAPENADE POT (gf,v)	£1.00
	HOUSE SALAD (gf,v)	£3.00
£6.50	SLAW (gf)	£2.00
	£6.65 £6.65 £5.50	our home baked breads (v)  £6.65 HUMMUS BOARD - Selection of  £6.50 breads, hummus pot (v)  TAPENADE BOARD - Selection  of breads, tapenade pot (v)  £6.65 BAKED POTATO (gf,v)  HUMMUS POT (gf,v)  £5.50 TAPENADE POT (gf,v)  HOUSE SALAD (gf,v)



roast veg, sweetcorn salsa, chilli, house

salad (v)

BELLY WARMERS





SNACKS & SIDES

SPICED CHICKPEAS (gf,v)

GARLIC & HERB FLATBREAD (V) £2.00

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£2.00



## DRINKS & TREATS

HOT DRINKS		SWEET TOOTH	
FILTER COFFEE (ONE FREE TOP-UP)	£2.40	Lots of our sweet treats are	
AMERICANO	£2.50	gluten-free & vegan, just	
ESPRESSO	£2.40	check with your server	
CAPPUCCINO	£2.60		
VEGAN CAPPUCINO	£2.90	SCONE, BUTTER & JAM	£2.25
LATTE	£2.60	CHOCOLATE BROWNIE	£3.00
VEGAN LATTE	£2.90	CINNAMON SWIRL	£1.75
BARLEY CUP	£2.00	PEAR & ALMOND SQUARE	£2.00
BABY-CINO	£2.00	PEANUT BUTTER BALLS	£2.25
HOT CHOCOLATE, FRESH CREAM	£3.50	FLAPJACK	£1.75
TEAPOTS - BLACK TEA; DEACAF;	£1.95	MOROCCAN ORANGE CAKE	£2.25
EARL GREY; PEPPERMINT; GINGER;		CAMPHILL CAKE SLICE	£3.00
CHAMOMILE; GREEN TEA; BERRY;			
LIQUORICE		ADD WHIPPED CREAM	£0.50

#### COLD DRINKS

LEMONADE; CRANBERRY;	
ELDERFLOWER; GINGER; APPLE	
JUICE - APPLE; ORANGE	£2.20
MILK	£2.20
BOTTLED WATER	£1.50
BOTTLES - GINGER ALE; COCONUT	£2.95

SPARKLING CANS - COLA; ORANGE, £2.40

WATER; KOMBUCHA

Ask your server or check our board for other sweet treats!



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- VEGAN OR VEGAN OPTION AVAILABLE





adults, some of whom have learning disabilities.

Our community extends further than the coffee shop - we also have a residential care home for adults within Holywood town.

Volunteers, employees & co-workers come from around the globe to work in partnership with people with disabilities to create, cook & bake the produce available here every day.

If you want to know more about day opportunities or our community here in Holywood please ask a member of staff!



