



# Nourish

at Craigswood

# MENU

## Breakfast 10am-12pm

### porridge pots

Apple, Cinnamon, Raspberry and Honey, or Golden Syrup **£2.00**

### toast

Toast **£0.90**  
French Toast and Cheese **£3.30**  
French Toast, Cheese and Ham **£3.30**  
Baked Beans on Toast **£3.00**  
Scrambled Egg on Toast **£3.00**  
Avocado on Toast **£3.00**

## Light Bites 12pm-2.30pm

### see counter for selection

Sandwiches *from* **£3.00**  
Toasties **£4.75**  
Panini **£4.75**  
Soup of the Day, Served with a Roll **£4.00**

## Meal Deals 12pm-2.30pm

Soup and Toastie **£6.50**  
Sandwich, Crisps and Bottled Drink **£6.00**  
Cake and Hot Drink **£3.50**



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## Treats served all day

### see counter for selection

Fresh Fruit **£0.75**  
Fruit Pots **£1.50**  
Cakes **£2.00**  
Traybakes **£2.50**  
Scones, Butter and Jam **£2.30**

## Kids Lunch Box £5.25

### build your own lunchbox

1. Ham or Cheese Sandwich
2. Raisins or Freddo
3. Carrot Sticks or Animal Crisps
4. Fresh Fruit
5. Kids Drink (*Apple or Orange Juice / Simply Fruity / Water or Milkshake*)

## Hot Drinks

Tea **£2.00**  
Speciality Teas **£2.10**  
Americano **£2.55**  
Latte **£3.05**  
Cappuccino **£3.05**  
Mocha **£3.20**  
Hot Chocolate **£3.10**  
Espresso **£1.95**  
Double Espresso **£2.25**  
Add Syrup **£0.50**  
Extra Shot **£0.50**

## Cold Drinks

Iced Coffee - *add syrup for 50p* **£3.60**  
Fruit Juice **£0.90**  
Water **£0.90**  
Milkshake **£1.00**  
Simply Fruity **£0.90**

# smoothie MENU

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## **Berry Go Round**

Strawberry, Blackberry, Raspberry  
and Apple Juice

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## **Big 5**

Pineapple, Mango, Strawberry, Kiwi  
and Apple Juice

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## **Cherry Poppins**

Strawberry, Sour Cherries, Mango, Banana,  
Blackcurrants, Raspberries and Apple Juice

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## **Coco Loco**

Mango, Pineapple, Coconut, Lime,  
and Apple Juice

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## **Mint Pash 'n' Fruit**

Mango, Pineapple, Seedless Passionfruit  
and Apple Juice

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## **Strawberry Split**

Strawberry, Banana and Apple Juice

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**£3.00 each**