

# cafébar one

TAKEAWAY & DELIVERY

BREAKFASTS

## PLATES

(served all day)

### THE WORKS £8.95

2 rashers of bacon, 2 Amble pork sausages, black pudding, fried egg, 2 hash browns, mushrooms, fried tomato, beans and buttered toast.

### THE FULL ENGLISH £7.50

2 rashers of bacon, 2 Amble pork sausages, hash brown, fried egg, mushrooms, beans and a slice of buttered toast.

### THE AMERICAN £8.95

3 homemade pancakes, 2 rashers of bacon, 2 locally produced pork sausages, 2 hash browns and maple syrup.

### EGGS RANCHEROS £8.95

Home fried potatoes mixed with crispy bacon and topped with 3 fried eggs, mature cheddar and salsa.

### BROOKLYN BREAKFAST BURRITO £7.95

Soft warm flour tortilla wrap with scrambled eggs, potatoes, bacon and fried mushrooms, cheddar and a house tomato and bbq sauce.

### SUPER FOOD BREAKFAST BOWL £5.95

Greek yoghurt and red berries topped with our own mix of sunflower & pumpkin seeds, almonds, chia seeds, coconut, oats and honey – a clean, protein packed start to your day.

## SANDWICHES

Available on a brown or white roll.

Choose from the 'Create Your Own' list (if ordering items from the 'Speciality Create Your Own' add 50p per filling).

One filling	£3.50	Two fillings	£4.50
Three fillings	£4.95	Four fillings	£5.50

## EGGS

### EGGS ON TOAST £3.95

2 fried eggs on either white or wholemeal toast

### SCRAMBLED EGGS ON TOAST £4.50

On either white or wholemeal toast

## CREATE YOUR OWN

Mushrooms | Beans | Tomato | Black Pudding 80p  
Hash brown £1

Bacon rashers | Locally produced sausage £1.25

Round of buttered toast £1.25

Fried Egg | Homemade pancake £1.50

Round of sour dough toast £2.50

Smashed Avocado £2.95

## GLUTEN FREE | VEGAN | VEGGIE

Gluten Free Sausage (GF) £1.50

Round of Gluten Free toast (GF) £1.75

Vegan Sausage (VE) (V) (DF) £1.50

Vegan Black pudding (VE) (V) (DF) £1.25

Tofu (GF) (VE) (V) (DF) £1.50

Veggie bacon (V) £1.50

## PANCAKES £7.50

Three thick American style homemade pancakes, topped any three of the following toppings:

Mixed berries (GF) (VE), banana (GF) (VE), yogurt (GF), cinnamon granola, honey (GF), Nutella (GF), ice cream (GF), Vegan ice cream (add 50p) (GF) (VE), chopped hazel nuts (GF) (VE), maple syrup (GF) (VE), chocolate sauce (GF), lemon juice (GF) (VE), cinnamon sugar (GF) (VE)

## AVOCADO ON TOAST

Served on toasted sour dough bread with flaked smoked paprika and a side of spinach and rocket and the option of a choice of topping:

Just Avocado on toast (V) £6.95

Topping of Bacon, Tofu or Feta £8.50

Additional topping Add £1.50

## BREAKFASTS SPECIALS

### THE GLUTEN FREE WORKS £9.50

Two rashers of bacon, two premium pork sausages, two hash browns, fried tomato, fried egg, baked beans, mushrooms and two slices of toast.

### THE GLUTEN FREE FULL ENGLISH £8.50

Two rashers of bacon, two premium pork sausages, one hash brown, fried egg, baked beans, mushrooms, one slice of toast.

### THE VEGGIE (V) £7.95

2 rashers of veggie bacon, fried egg, mushrooms, fried tomatoes, 2 hash browns, beans and buttered toast.

### THE VEGAN (VE) £9.50

Two vegan sausages, vegan black pudding, seasoned fried tofu, fried tomato, two hash browns, baked beans, mushrooms, two slices of toast with vegan spread.

## FRENCH TOAST

As it comes (V) £4.50

With maple syrup and toasted almonds (V) £5.95

With fried bananas and honey (V) £5.95

With cinnamon sugar (V) £5.95

## FRENCH TOAST MELTS

Two slices of French toast filled with either:

Fresh Mozzarella and bacon £6.50

Mushroom, swiss cheese & tomato relish (V) £6.50

## PORRIDGE £2.95

Add almonds or sultanas 50p      add honey 75p

## CALL: 0191 281 9703

We deliver to: NE2, NE3, NE6 & NE7 postcode

Minimum order: £15 & £2.50 delivery charge

Payment: options will be given at time of order

**CIABATTA MELTS** £5.95**THE BBQ MELT**

Chicken breast, bacon, mature cheddar and BBQ sauce

**THE MANHATTEN MELT**

Chicken, swiss cheese, capers and mustard mayo

**THE TEX-MEX MELT**

Chicken, salsa, mature cheddar, guacamole, sour cream

**THE ITALIAN MELT**

Chicken breast, tomato, pesto and fresh mozzarella

**THE TUNA MELT**

Tuna mayo and cheddar

**THE VEGGIE MELT (V)**

Feta cheese, chargrilled peppers and olives

**THE BBC MELT**

Bacon, brie and cranberry

**THE VEGAN MELT (VE)**

Vegan cheddar, chargrilled peppers, tomato relish

**POUTINE** £7.95

A Canadian classic bowl of our home fried cubes of potatoes, with fresh mozzarella, crispy bacon and topped with homemade gravy.

**BURRITOS**

Warm wrap filled with rice, beans, chargrilled peppers, cheddar, BBQ sauce, salsa and sour cream and either:

Add Chicken **£7.95**Keep it Veggie and add chargrilled peppers **£7.50**Make it Vegan with tofu and vegan cheese **£8.50****SANDWICHES** £3.95

Tuna mayo

BLT

Bacon and brie

Brie and cranberry

Sweet chilli chicken

Coronation chicken

Sliced chicken breast salad

Swiss cheese and tomato relish

Brie and cranberry

Cheddar, salad &amp; tomato relish

Ham &amp; swiss cheese

Chicken &amp; Bacon mayo

Available on a brown or white roll

Gluten free bread (+50p)

**SALADS & WRAPS**Wrap **£6.50** | Salad **£7.95****LEBANESE SALAD**

Chicken breast in a Lebanese dressing, lemon couscous, roast chargrilled peppers, olives, spinach and rocket, tomatoes, mint yoghurt and tomato and chilli relish.

**LEAFY CAESAR SALAD**

Bacon, chicken breast, parmesan &amp; ciabatta croutons on fresh spinach/ rocket leaves topped with Caesar dressing.

**MEDITERRANEAN CHICKEN OR VEGGIE (V)**

Sliced chicken breast or feta cheese, chargrilled peppers, homemade houmous, tomato and chilli relish, olives and sliced tomato served on spinach and rocket leaves with a pesto and olive oil dressing.

**SIDES**

Homefried potatoes (V) (VE) £2.95

Bowl of seasoned rice (V) (VE) £1.95

Maple syrup / honey (V) 95p

**ALLERGENS**

Please note that our café handles all 14 of the major allergens which are: celery, cereals containing gluten, crustaceans, egg, fish, lupins, milk, molluscs, mustard, tree nuts, peanuts, sesame seeds, soy beans, sulphur dioxide and sulphites.

Due to production methods &amp; shared equipment we are unable to guarantee that any of our products are free from these allergens. We request customers with severe allergies notify staff accordingly.

**DELI SANDWICHES****NEW YORK DELI SANDWICH** £6.50

Chicken, swiss cheese, capers, mustard mayo, sliced tomatoes and spinach and rocket served on a brown or white roll.

**CHICKEN CLUB SANDWICH** £7.50

A triple decker of sliced chicken breast, bacon, sliced tomatoes, spinach and rocket and mayonnaise in three slices of toasted bread.

**VEGGIE CLUB SANDWICH (V)** £7.50

A triple decker of veggie bacon, swiss cheese, sliced tomatoes, spinach and rocket and mayonnaise in three slices of toasted bread.

**KIDS MENU \*** (for under 16 year olds)**TOASTIES** half size: **£2.50** | full size: **£3.50**

Cheese | Ham | Tuna mayo | Ham &amp; cheese

**KIDS HOMEMADE PIZZA** £3.50

Made with our own homemade pizza dough. Choice of: Cheddar and tomato (V) | Ham, cheddar and tomato | Chicken, cheddar and tomato

**KIDS BREAKFAST** £3.50

Any 4 items from our 'create your own' breakfast menu, with a choice of small orange juice, apple juice or milk.

**KIDS HOMEMADE PANCAKES (V)** £3.50

Homemade pancakes with a choice of:

Ice cream and chocolate sauce

Maple syrup, Greek yoghurt, berries and honey

**CHICKEN AND PENNE PASTA** £3.50

Tender chicken breast in a tomato and pesto sauce with penne pasta and topped with cheddar.

\*As we subsidise our prices on the kids menu to help families enjoy eating out, please note our kids menu is for children only.