

# Cafe incredABLE a South Lake











## BREAKFAST

IncredABLE Fry Veggie Feast Healthy Breakfast Filled Ham & Cheese Porridge Bowl with H Granola Pots Sausage Rolls Jambons Scones Breakfast Wrap





#### #incredABLEfood #incredABLEpeople

	£9.00	
	£5.95	
	£9.00	.
e Croissant	£4.50	•
Honey & Berries	<b>£4.50</b>	
	£4.50	
	£1.95	
	<b>£2.50</b>	
	£2.75	
	£6.95	
		''

## LUNCH

Soup & Homemade Wheaten	£
Soup & Sandwich	£
Quiche	from <b>£</b>
Sandwich	from <b>£</b>
Toastie	from <b>£</b>
Wrap	from <b>£</b>
Panini	from <b>£</b>
Baked Potato	from <b>£</b>
With filling, mixed salad & coleslaw	

### Fillings - Choose 1 Meat, 2 Veg & Sauce Extra Meat **£1.00** Extra Veg **50p**

*Meat* Chicken / Bacon / Ham / Tuna

**Veg** Lettuce / Tomato / Cucumber / Sweetcorn / Onion Peppers / Cheese / Beans / Egg

*Sauce* Ceasar / Garlic Mayo / Siracha Mayo / Cajun Mayo Honey Mustard / BBQ / Coronation / Mayo

### DAILY SPECIALS AVAILABLE Ask a member of staff for details



### £4.50 £7.95 £6.50 £4.25 £4.95 £4.95 £4.95 £7.50



# HOT DRINKS

Americano Cappuccino Double Espresso Filter Coffee Flat White Flavoured Latte Herbal Tea Hot Chocolate







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<b>£2.55</b>	Latte	£2
£2.95	Mocha	£3
£2.25	Steamer	£2
£2.00	Extra Shot of Coffee	£C
£2.50	Shot of Syrup	£C
£3.45	Sugar Free Available	
<b>£2.00</b>	Milk Alternatives Almond, Soya, Oat	from
£3.25	Please make servers aware of any allergies	

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IncredABLE Fry 2 sausages, 2 bacon, mushroom, tomato, eg potato bread, soda bread and beans

Mini Fry Sausage, bacon, egg, potato bread, soda ar

Filled Soda With Egg

With Bacon or Sausage

With Egg, Bacon or Sausa

With Sausage, Bacon and

Breakfast Wrap Sausage, Bacon & Egg

### **Eggs on Toast**

Fried/Poached/Scrambled

Add Sausage or Bacon

Veggie Feast Egg, beans, mushroom, tomato, potato bre

French Toast with berries, cream & syrup OR bacon & syr Find us on Social Media

egg,	<b>£9.00</b>	Omelette 3 fillings from additional items belo	<b>£7</b> W
and beans	£6.00	Pancake Stack with berries, cream & syrup OR bacon & syrup	£8
age d Egg	£4.50 £5.00 £5.50 £6.50 £6.95	Additional Items Egg, onion, cheese, beans, spinach Sausage, bacon, avocado vine tomatoes, mushrooms Healthy Breakfast 2 poached eggs, 2 lean bacon, mushroom, tomato, spinach, avocado and toast	£1
		Granola Pot	£۷
ed	£4.95	Fry Not Containing Gluten Sausages, bacon, eggs, beans, mushroom, tomato and GF bre	<b>£9</b> ead
	£6.95 £5.95	Filled Croissant Can be filled with: Ham & Cheese Sausage & Caramelised Onion / Bacon & Brie	£4
read and soda	£7.95	Sausage Rolls Served With Coleslaw & Garnish	£1
syrup		Jambon	£2

















# LUNCH MF NU

### Soup & Homema Soup & Sandwich Quiche With Salad Flavours change daily, ask sto

Full House Salad

Thai Coconut Qu & Lentil Curry W

### DAILY SPECIALS AVAILABLE Ask a member of staff for details







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ade Wheate	n <b>£4.50</b>	
h	£7.95	
d Selection	from <b>£6.50</b>	
	£8.50	
uinoa ith Chicken	£9.95	

Filled Baked Potato with mixed salad and coleslaw	
Plain	£4
With Filling and House	Salad £8
Sandwich	from <b>£</b> 4
Tortilla Wrap	from <b>£</b> 4
Panini	from <b>£</b> 4
Toastie	from <b>£</b> 4
Chicken Ceasar Salad with Parmesan dressing, Gem leaves, bo	<b>£</b> acon & crutons









## 4.50 8.50 4.25 4.95 4.95 4.95 7.50



# SWEET TREATS

#### **Fresh Homemade Scones** £2.75

Flavours change daily

## **Sweet Treats**

from **£2.50 Not Containing Gluten** Chocolate Brownie / Flapjack Blackberry Crumble / Lemon Square Blueberry Muffin / Scone / Macaron







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Traybakes from **£1.95** Selection changes daily and are prepared by our in house kitchen team, French Village Bakery and Crunchy Bakery.













# GRAB AND GO

Salad Bowl Selection

Fruit Pot

Homemade Granola, Jam & Natural Yoghurt

**Overnight Oats** *Flavours change daily* 

Selection of Freshly Prepared Sandwiches, Wraps, Paninis and Toasties







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## from **£5.75** from **£2.75** £4.50 £4.50 from **£4.25**











# DISHES NOT CONTAINING GLUTEN

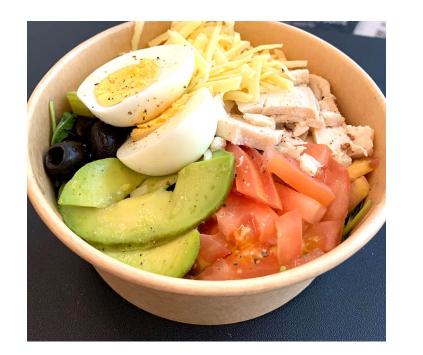
## Gluten Free incredABLE Fry

Sausage, Bacon, Egg, Beans, Tomato, Mushroom & Gluten Free Toast

Sausage or Baco Soup of the Day Deli Salad Bowls Baked Potato Sandwich / Toast Traybakes not cont Scones not containi







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n Bap	<b>£5.00</b>
	<b>£4.50</b>
	from <b>£5.75</b>
	from <b>£4.50</b>
tie	from <b>£4.25</b>
taining gluten	from <b>£2.50</b>
ning gluten	from <b>£2.50</b>

£9.50













# KIDS MENU

### Kids Pancakes (2 p With Nutella & Whipped Cream

### Kids Breakfast Plat Cereal & Milk, Mini Croissant, Fl

Kids Mini Fry Sausage, Bacon, Beans, Toast

**Croissant** With Jam or Nutella







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pancakes)	£4.95	Margherita Pizza With chips	<b>£4</b>
atter Fruit Kebab & Juice	£4.95	Chicken Nuggets With chips	£4
st	<b>£4.50</b>	Sausages With chips	£4
	£2.75	Kids Lunch Platter Ham/Jam/Cheese Sandwich, Bitesize Traybake, Fruit Kebab & Juice	£5















# VEGETARIAN OPTIONS

Overnight Oats Made With Oat M

Oat or Almond Mi With Fresh Berries

Veggie Feast Brea Egg, Beans, Mushroom, Toma

**Butternut Squash** 

Vegan Sausage Ro with Side Salad

# getactiveabc.com

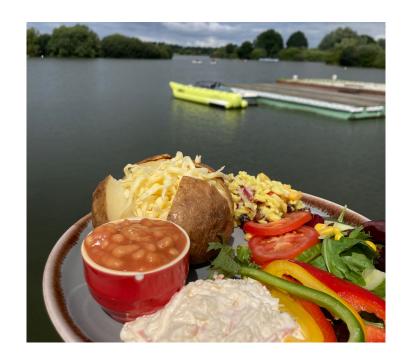




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/iilk <i>(Vegan)</i> 1ilk Porridge	£4.50 £4.95	Goats Cheese Bruschetta with Mediterranean Vegetables & Black Olive Tapenade	£8
es (Vegan)		Rigatoni Pasta With Slow	£9
akfast	£5.95	Roasted Tomato Sauce	
nato, Soda & Potato Bre		Thai Coconut Quinoa	£9
n Risotto	£9.95	& Lentil Curry	
loll	£2.50	Vegetable Fajitas	£9
		Blackcurrant Crumble (Vegan)	£2
		Flapjack (Vegan)	£2













# COLD DRINKS

Coke / Appletiser Fuze Tea / Monste Slushee Diet Coke / Coke Z



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r / BPM ter / Powerade	<b>£2.00</b>	Sprite / Oasis / Fruice Fruice Fusions Juice Carton Fruice Juicy	<b>£1.90</b>
Zero / Fanta	<b>£1.90</b>	Iced Coffee	from <b>£3.45</b>
		Slushee	£1.95
		Water Still or Sparkling	<b>£1.10</b>





