

# THE HEXTOL FOUNDATION

FOR WORKING OPPORTUNITIES

The Hextol Tans is part of The Hextol Foundation, a registered charity which

supports people with learning differences and mental health needs.

We provide opportunities to train, work and socialise, and many of our staff in the Tans benefit from this support. Our work aims to challenge the stigma which surrounds learning disability and mental ill health.

We have a range of volunteering opportunities available, including at The Hextol Tans. If you would like to help us make a difference we would love to hear from you! To find out more please visit [www.hextol.org.uk](http://www.hextol.org.uk) or call 01434 605253

The Hextol Foundation - Charity no. 1120857

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## BREAKFAST 10 - 11.20AM (Saturdays from 9.30AM)

### Vegetarian Breakfast £11

2 vegan sausages, baked beans, tomato, mushrooms, hash brown, fried egg & toast

### Vegan Breakfast £11

2 vegan sausages, baked beans, tomato, mushrooms, hash brown, scrambled tofu & toast

### Croissant, with jam & butter - £3.00

## AVAILABLE UNTIL 3PM\*

(excluding staff break time 11.20-11.40)

### Sausage sandwich - £5.50

vegan sausages - add fried egg, mushrooms or tomato for 85p each

### Eggs on toast - £6.00

two eggs - choose from poached, fried or scrambled

### Beans on toast - £6.00

vegan

### Garlic Mushrooms on toast or toasted ciabatta

£7.15

vegan

Smashed avocado on toast with pumpkin seeds and tomato relish (vegan) - £7.35; with poached/scrambled eggs or crumbled vegan feta £8.50

### Three egg omelette - £8.50

choice of two fillings: cheese, mushrooms, peppers, onions, tomato or spinach (served with a salad garnish)

### Toast, jam & butter or vegan spread - £3.00

**Allergies** - Please let us know about any allergies when you place your order. Our food is prepared in a kitchen where nuts, gluten and other known allergens may be present. We take care to prevent cross-contamination, however, any product may contain traces as all menu items are produced in the same kitchen.

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Orders will be taken at the table.

All our food is freshly prepared - your patience is appreciated!

## LUNCH MENU

## 11.40AM - 3PM

### Homemade soup

with bread or cheese scone (see blackboard for details) £7.40

### Daily Special (see blackboard for details) £9.85

**Small soup and sandwich £8.80 or Small soup and panini £9.85**

### Veggie chilli & rice (GF & Vegan) £9.85

**Homemade quiche of the day** (see blackboard for details) served with salad, coleslaw & chutney £9.85

**Sweet potato falafal, lemon & coriander cous cous salad bowl** (Vegan) £9.85

### Toasted panini with a choice of filling £9.35

(served with salad, coleslaw and crisps)

Mozzarella, tomato & pesto (**Contains nuts**)

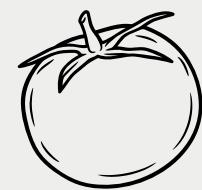
Brie & onion chutney or cranberry

Cheese (Vegan option available)

Cheese & onion or tomato (Vegan option available)

Houmous & roasted veg (Vegan)

Falafel, salad & chilli jam or mayo (Vegan)



### Sandwiches with a choice of filling £8.10

(served with salad, coleslaw and crisps)

Cheese (onion/tomato) (Vegan option available)

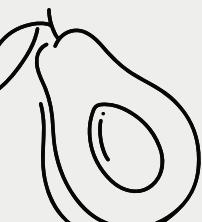
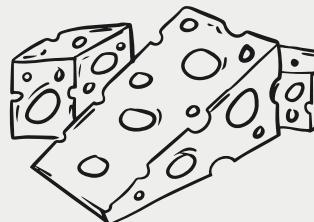
Egg mayo

Brie & onion chutney

Cheese savoury (Vegan option available)

Houmous & roasted veg (Vegan)

Coronation chickpea (Vegan)



### Oven cooked jacket potato with a choice of filling £9.35

(served with salad and coleslaw) extra toppings 55p each

Cheese (Vegan option available)

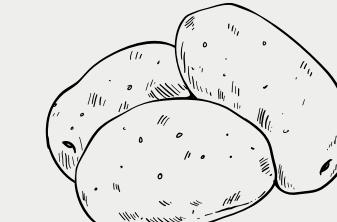
Garlic Mushrooms (Vegan)

Beans (Vegan)

Houmous & roasted veg (Vegan)

Veggie chilli (Vegan)

Coronation chickpea (Vegan)



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We do not accept any tips. Any additional payment we receive will be treated as a donation and used for the benefit of the Hextol Foundation. You can use this Gift Tap QR code, or the donation box on the counter. Thank you.

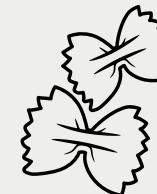


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THE  
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## SMALLER APPETITES

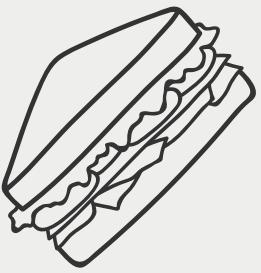
**Small soup with bread or cheese scone £5.50**



**Cheesy pasta £5.50**

**Main course half-portion £6.00**

**Houmous & pitta bread £4.95 (Vegan)** 



**Beans on toast £4.95 (Vegan)** 

**Small sandwich with crisps £5.50**

## COLD DRINKS

**Apple or orange juice box;  
small glass of milk £1.40**

**Milkshake £3.40 or with  
cream £3.85**

banana  
strawberry  
chocolate

**Fentimans £3.80**

**Bottled sparkling / still  
water £2.10**

**Diet / Coca Cola £2.10**

**Mixed berry smoothie  
£4.10**

**Iced frappe £4.10**

**Caramel frappe £4.70**



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## HOT DRINKS

**Milk alternatives: oat or soya**

**Americano £3.80**

**Espresso £3.10**

**Double espresso £3.40**

**Cappuccino £3.95**

**Cafe latte £3.95**

**Flat white £3.95**

**Tea or fruit teas £3.30  
(decaffeinated options available)**

**Filter coffee £3.50  
(inc. free refill)**



**Plain hot chocolate £3.85**

with cream and  
marshmallows £4.20

## HOMEMADE CAKES

**Fresh scone and butter with jam £3.20**  
add clotted cream for 50p

**Toasted currant teacake with jam & butter or vegan spread £3.50**

**Afternoon Tea £13 per person**  
(choice of sandwich, choice of fruit or cheese scone, piece of cake, piece of traybake & a tea or filter coffee)

**Cream tea for one**  
(scone, clotted cream, jam and a tea or coffee) £6.40

**Homemade cakes from £4.10**

**Homemade tray bakes £3.25**

**Please ask for today's delicious selection!**

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