



## Menu

### Breakfast

**Porridge** with honey and seasonal fruit or sliced bananas (V) - £2.50

**Toasted Bagel** with banana, peanut butter and maple syrup (V) - £3.00

**Hot Filled Roll** with bacon (VE available), scrambled egg or lorne sausage - £3.50

### Lunches

**Soup of the Day** served with white or brown bread - £4

**Soup with a toastie** choose from our range of classic fillings below - £6

**Vegetable Couscous** with hummus and falafel (VE) – £5.50

**Green Salad** with balsamic vinegar (VE) – 4.50

**Chicken Salad** – £5.50

**Greek salad** made with tomatoes, cucumber, olives and feta cheese (V) – £5.50

**Baked Potato** - £5.25

Honey Mustard Chicken, sundried tomatoes, cheddar cheese and pesto

Tuna and cheese spring onion/chives

Halloumi, red onion, roasted peppers, cherry tomatoes and Sriracha sauce (V)

Bacon (VE option) and mixed salad

Beans and cheddar cheese (V)

### Sandwiches

**Choose from a panini, bagel, wrap or toastie, all served with tortilla chips and a side salad.**

**The Classics** - £4

Ham and Cheese

Tuna and Cheese

Cheese and Chilli Jam (V)

Bacon, Lettuce and Tomato (VE available)

**The Specials** - £5

Pesto, mozzarella and sundried tomatoes (V)

Chorizo, cheddar cheese and chilli jam

Chicken, salad and mayonnaise

Sliced beef, red onion chutney and mozzarella

Falafel, hummus, salad and sweet chilli sauce (VE)

Toastie with a classic filling, cold drink and crisps or chocolate - £5.50

Children's sandwich, crisps and a carton of juice - £3.50

*Our sandwiches are made fresh, let us know if you'd like another combination of fillings.*

## **Snacks**

**See counter or ask for selection**

Fruit - 80p

Crisps - £1

Chocolate bars - £1

Scone with butter and jam – £2.75

Cakes and Traybakes - £2.50

## **Hot Drinks**

**Coffee with our Upmo Eat blend by Forth Coffee Roasters**

Espresso - £1.70

Double Espresso - £2

Americano - £2.10

Flat white - £2.75

Cappuccino - £2.75

Latte - £2.75

Mocha - £3

Extra shot available for 30p

Add vanilla, caramel or hazelnut syrup for 30p

**Hot Chocolate** with whipped cream and marshmallows - £2.95

**Tea** - £1.60

**Herbal Tea** - £1.70

Please ask for selection

Add a traybake to your hot drink order for an extra £2

## **Cold Drinks**

**Bottled water** - £1

**Carton of juice** - 90p

**Cans of juice** - £1.20

Coke, diet Coke, Irn Bru, diet Irn Bru, Fanta, Sprite.

*Please let our staff know if you have any intolerances or allergies.*

Purchases from Upmo Eat support our charity's mission to provide support and opportunity to adults with learning disabilities and autism throughout Edinburgh & the Lothians.

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