



Food 4 Thought Garden Cafe

Light Bites



Home made Soup of the day
Small bowl £1.70 / large bowl £2.00
Served with a warm roll and butter (gluten free rolls available)



Various Sandwiches £2..50
Served with salad garnish. (£3.50 with full salad)
Cheese & onion, tomato, tuna mayonnaise, home cooked ham,
egg mayonnaise or salad.



Prawn Sandwich £4.00

Served with salad garnish.

Hot Sandwiches £2.50

Served with salad garnish. (£3.50 with full salad)
Bacon, Fried Egg, Bacon and Egg



Snacks On Toast £1.70

20p per extra topping
Cheese, beans, garlic mushrooms, egg, tomatoes



Tuna melt £3.50

Toasted sandwich filled with tuna and cheese served with salad garnish



Half Portions ideal for children

Half portions from the set menu or specials board
including a glass of juice with a piece of fruit.



For Babies

Free pureed vegetables or fruit for babies
with the purchase of adults full meals.



When available produce is sourced locally. A variety of herbs and vegetables are donated from Poulton Community Garden.
All fish are caught and bought locally from the Shrimp Shop in Poulton.



Food 4 Thought Garden Cafe

Main Meals

All Day Breakfast £3.70

Bacon, Egg, Tomatoes, Mushrooms, Sliced pan fried potatoes
50p per extra item

Omelette £3.50

Style your own or choose a filling, Cheese, Tomato, Mushroom, Bacon

Breaded Plaice Fillets £4.00

Served with potatoes, peas, home made tartar sauce and a wedge of lemon

Hot Buttered Shrimps £4.00

Served with salad garnish and a warm roll.

Garlic Mushrooms £2.80

Served with or without cheese, salad garnish and a warm roll.

B.L.T £3.50

Bacon, lettuce, tomato and mayonnaise served on a warm roll and salad garnish.

Spinach and mixed bean burger £3.50

Home made, served with salad and a bun.

Gammon £4.00

Served with potatoes, seasonal vegetables with either egg or pineapple.

Plain Baked Potato £3.00

Served with salad.

Filling 50p per item Tuna Mayo, Bacon, Beans, Garlic Mushrooms, Cheese,

Baked Potato £4.00

Shrimp or Prawns filling served with salad.

Salad £3.70

Various; Tuna, Cheese, Crispy Bacon, Egg or Prawn with Marie Rose Sauce.



DAILY SPECIALS FROM £3.25
See board

All meals can be pre-ordered to take away



Food 4 Thought

The Garden Café

For people in the local area to enjoy healthy food!

Rear Entrance Poulton War Memorial Hall
Church Street, Poulton, Morecambe
Tel: 01524 416481 Email: f4t@signposts.org.uk



Outside Catering

Basic Menu

Starting from £4.50 per person

Various sandwiches on wholemeal and white bread

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Fruit platter consisting of a minimum of four fruits

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Various salads, may include couscous, tuna pasta, tomato pasta, Greek salad, plain mixed salad, rice salad, marinated mushroom salad

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Various fresh homemade cakes

We can provide "specialist" buffets to meet dietary requirements

Community Café

Opening Times

12noon – 2pm Tuesday-Friday

- Everyone welcome
- Fresh homemade food
- Locally sourced foods
- Daily Specials
- Reasonable prices
- Friendly and relaxed environment
- Children's portion available
- Takeaway service available
- Pre-orders taken by phone

Group Work @ F4T

- Groups welcome
- Cook and eat sessions
- Business meeting venue



For more information on services and costs please contact

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Charity Registration Number: 1117645
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Additional major funding from Preston City Council, the FC Scott Charitable Trust and Tudor Trust

Beverages

Hot

Mug of filter coffee £0.85

Milky Coffee £1.00

Mug of tea £0.75

Fruit Tea £0.70

Rooibos tea - 70p

Cold

Fentamans Ginger Beer £1.50

Fentamans Dandelion and Burdock £1.50

Organic sparkling Raspberry and Apple £0.80

Still Mineral Water £0.70

Bottlegreen Elderflower Presse £1.20

Large glass of Apple Juice £0.80

Small Glass- 40P

Large glass of Orange Juice £0.80

Small Glass- 40P



Desserts & Sweets

Toasted teacake with butter or jam £0.90

Bread roll and butter or jam £0.25

Selection of homemade cakes - 90p

Sponge and custard - £1.25

Banana split with Brucciani's vanilla ice cream
and strawberry sauce - £2.25

See special board for today's selection