

The Hextol Tans is part of The Hextol Foundation, a registered charity which supports people with learning differences and mental health problems. 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 or call 01434 605253

The Hextol Foundation - Charity no. 1120857

## THE HEXTOL FOUNDATION FOR WORKING OPPORTUNITIES

BREAKFAST 10 - 11.20AM Saturdays from 9.30AM)

#### Vegetarian Breakfast £10

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

### Vegan Breakfast £10

2 vegan sausages, baked beans, tomato, mushrooms, hash brown, wilted spinach & toast

### **Eggs Florentine - £8**

toasted muffin, spinach, poached eggs, hollandaise sauce

Croissant, with jam & butter - £2.75

## **AVAILABLE UNTIL 3PM\***

## (excluding staff break time 11.20-11.40)

### Sausage sandwich- £5

2 vegan sausages - add fried egg, mushrooms or tomato for **80p each** 

### Eggs on toast - £5.50

two eggs - choose from poached, fried or scrambled

> Beans on toast - £5.50 (vegan option available 🗸 🏹

Smashed avocado on toast with pumpkin seeds and tomato relish (vegan / ) - £6.70; with poached or scrambled eggs £7.75



Three egg omelette - £7.75 choice of two fillings: cheese, mushrooms, peppers, onions, tomato or spinach (served with a salad garnish)

Toast, jam & butter or vegan spread - £2.75

Toasted currant teacake, jam & butter or vegan spread - £3.20

## CCCCCCCCCCC

Orders will be taken at the table.

All our food is freshly prepared your patience is appreciated!

## **HOMEMADE CAKES**

Fresh scone and butter with jam £2.90 add clotted cream for 45p



Cream tea for one (scone, clotted cream, jam and a tea or coffee) £5.80

Homemade cakes from £3.70

Homemade tray bakes £2.95

Please ask for today's delicious selection!

## COLD DRINKS

Apple or orange juice box; small glass of milk £1.25

Milkshake £3.10 or with cream £3.50 banana strawberry chocolate

Fentimans £3.45

Bottled sparkling / still water £1.90

Diet / Coca Cola £1.90

Mixed berry smoothie £3.75

Iced frappe £3.75

Caramel frappe £4.25

## **HOT DRINKS**

Americano £3.70

Espresso £2.80

Double espresso £3.10

Cappuccino £3.65

Cafe latte £3.65

Flat white £3.65

Tea or fruit teas £3 (decaffeinated options available)



Filter coffee £3.20 (inc. free refill) Plain hot chocolate £3.50 with cream and marshmallows £3.80

Allergies - Please let us know about any allergies when you place your order Gluten free & vegan options - please ask for further information if required



# LUNCH MENU 11.40 AM - 3PM

Homemade soup with bread or cheese scone (see blackboard for details) **£6.75** 

Daily Special (see blackboard for details) £8.95

Tans mushroom pate (Contains Nuts)(Vegan) served with toast, salad & vegan coleslaw **£7.50** 



Small soup and sandwich £8

Veggie Chilli & Rice (GF & Vegan) £8.95 💥 🏏

Homemade quiche of the day (see blackboard for details) served with salad, coleslaw & chutney **£8.95** 

#### Toasted panini with a choice of fillings £8.50

(served with salad, coleslaw and crisps) Mozzarella, tomato & basil Brie & onion chutney Cheese & tomato (Vegan option available 🗸 Cheese & onion (Vegan option available V) Houmous & roasted veg (Vegan V ) Falafel, salad & chilli jam or mayo (Vegan 🎷 )

#### Sandwiches with a choice of fillings £7.40

(served with salad, coleslaw and crisps) Cheese (Vegan option available V Egg mayo Brie & onion chutney Cheese savoury (Vegan option available Cream cheese & cucumber



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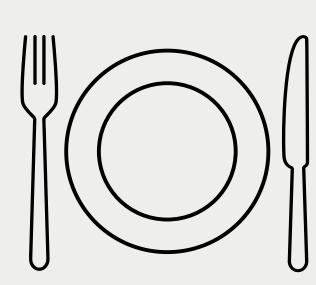
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FOR WORKING OPPORTUNITIES







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Oven cooked jacket potato with a choice of fillings £8.50 (gluten free , served with salad) extra toppings **50p each** Cheese (Vegan option available  $\sqrt{2}$ ) Cheese savoury (Vegan option available V Beans (Vegan Houmous & roasted veg (Vegan

Veggie chilli (Vegan V7



## **SMALLER APPETITES**

Small soup with bread or cheese scone £5



Cheesy pasta £5

Main course half-portion £5.50

Houmous & pitta bread £4.50 (Vegan V

Beans on toast £4.50 (Vegan option available V)

Small sandwich with crisps £5

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