



# GREENHOUSE CAFE - MENU

A QUIET, RELAXING VENUE with SHOP and BOOKSHOP  
AND ENVIRONMENTAL ART GALLERY \*

**Tuesday – Friday 10am – 4.30pm - Saturday till 5pm**

🕒 Gallery times vary according to events, see [www.Greenhousetrust.co.uk](http://www.Greenhousetrust.co.uk)

**PLEASE ORDER AND PAY AT THE COUNTER – PLEASE RING BELL FOR SERVICE**

**SOUP OF THE DAY** - With wholemeal or rye bread or rice cakes. Butter/margarine **£5.75**  
**EXTRA SLICE OF BREAD 50p** **Takeaway (no bread)** ✓ **£3.50**

**QUICHE WITH SALAD** - served with grains and seasonal salad/vegetables ✓ **£8.50**  
**Takeaway (no salad)** **£3.50**

**CHEDDAR, ONION AND POTATO PIE** (GLUTEN FREE) served with grains and seasonal salads. **£8.50**

**SALAD AND VEGETABLE BOWL** - Seasonal with grains and pulses May contain nuts/pesto. ✓ **£7.00**  
**Takeaway** **£5.00**

**PANINI** - Toasted ciabatta bread with filling - served with seasonal salad

\* Cheddar with red pepper and onion topping (vegan Scheese option available) ✓ **£5.75**

\* Mushroom pate with caramelised onion

\* Tofu sausage with fried onion and tomato ketchup - *More a Hot-Dog thing*

\* Chocolate spread and banana **£4.00**

## CAKES

**SEE DISPLAY CABINET**

## DRINKS - COFFEE

**Machu Pichu** - Peru (4). **Suma Espresso** - Blend (5), **Yirgacheffe** - Ethiopian (3)

Regular Coffee	£1.70	
Espresso	£2.00	
Cappuccino	£2.30	
Latte	£2.50	
Cafetiere	£3.00	Large £4.00
Mocha	£3.30	
Hot Chocolate	£3.00	

**TEAS & HERB TEAS** - Please see boards for choice Mug **£1.40** Pot (for 2) **£2.50**

**FRUIT CORDIAL** - Hot or cold- Blackcurrant, Elderflower, Ginger, Spiced Fruit, Summer Fruits

## CAFE LICENSE - WE CAN ONLY SERVE ALCOHOL WITH MEALS

### Wine

175ml glass **£4.20**

125ml glass **£3.80** (see board for details of house and suggested wines)



**Why not enjoy a bottle of wine with your meal. Choose from Norfolk's finest selection of organic and vegan wines**

Corkage on wine of your choice **£5.00**

**BEERS** 500ml bottles **£3.00** - Unit and volume details on bottle

## CELEBRATE ORGANIC

Organic growing maintains & improves the quality of the soil. No pesticides, fungicides, herbicides or *GMO* technology involved. Organic farmers care for the countryside, safeguarding water quality, maintaining hedgerows, enabling birds, & butterflies to thrive. We trade with local growers through Folland Organics, & co-operative businesses (including Suma wholefoods) because the price of food has to support both the people that grow and produce it and the environment. Where we trade beyond local, we rely on the Fairtrade Foundation & other justice campaigns to inform our purchasing policies

**Eating Vegetarian is one of the easiest and healthy ways of lowering your CO<sub>2</sub> footprint**

THE GREENHOUSE CAFE/SHOP IS OWNED BY THE GREENHOUSE TRUST,  
AN ENVIRONMENT EDUCATION CHARITY. (No. 1037992)

**EVERY EFFORT IS MADE TO PROVIDE THE BEST SERVICE WE CAN,  
OUR FOOD & DRINK SERVICE IS PROVIDED BY A COOK WORKING WITH A VOLUNTEER  
WE APPRECIATE YOUR SUPPORT AND FEEDBACK, & SOMETIMES YOUR PATIENCE**

• PLEASE ENJOY THE QUIET - TAKE A REAL BREAK-

Place YOUR MOBILE PHONE on silent/vibrate - inside and in the garden.

NO SMOKING • GUIDE DOGS ONLY

RESPECT OTHERS - Please do not allow your children to run around or disturb others