

# Food

## Breakfast pick 'n' mix

Available all day

Bacon each	£1.00
Sausage each	£1.00
Linda McCartney sausage <b>ve</b>	£1.00
Slice of toast <b>ve</b>	£1.00
Beans (regular) <b>ve</b>	£1.00
Beans (large) <b>ve</b>	£2.00
Poached Egg <b>v</b>	£1.00

## A filled breakfast bap

£4.20

Delicious Farm Assured bacon or sausages, including Linda McCartney, in a soft bap.

Bacon
Sausage
Linda McCartney sausage <b>ve</b>

## Beans on toast **ve**

£4.00

## Kids beans on toast **ve**

£2.50

## Jacket potato

Fresh-baked and warming, with your choice of filling.

Butter or light spread <b>v</b>	£5.00
Cheese <b>v</b>	£6.00
Baked beans <b>ve</b>	£6.00
Coleslaw <b>v</b>	£6.00
Coronation Quorn™ <b>v</b>	£6.00
Two of the above fillings	£6.80
Three of the above fillings	£7.50

## Hot panini

Toasted and served with a seasonal salad garnish.

Cheese, onion & tomato <b>v</b>	£5.40
Chicken melt	£5.60
Ham & cheese	£5.60
Brie & bacon	£5.60

## Sandwiches

All sandwiches are made to order and served with

Egg mayonnaise salad <b>v</b>	£5.00
Ham salad	£5.20
Cheese & red onion chutney <b>v</b>	£5.00
Chicken salad	£5.20
Hummus & roast med veg <b>ve</b>	£5.20

## Soup of the Day *(please ask)* £4.50

With bread roll & croutons **v**

## Sherwood Ploughman's

£7.60

Ploughman's platter of pickled onions, celery, crispy salad garnish, red onion chutney served with either:

Cheese <b>v</b>
Cured ham
Or both!

## Wraps

Soft flour tortillas with a choice of fillings, served

Coronation Quorn	£5.00
Sweet chilli chicken	£5.20
Hummus & roast med veg <b>ve</b>	£5.00

## Sausage & Mash

£7.00

Sausages, sweet potato mash, peas and caramelised red onion gravy. Vegan option available. **ve**

## Sides **ve**

Chips	£2.00
Sweet Potato Fries	£2.50
Wedges	£2.00

## Sherwood Cream Tea £5.95

Homemade scone, Cornish clotted cream and Tiptree mini jam pot served with tea or coffee. **v**

Please come to the counter to see our selection of other tasty cakes and treats!

# Drinks

## Coffee

Americano	£2.40
Latte	£2.60
Cappuccino	£2.60
Flat white	£2.60
Espresso	£2.00
Double espresso	£2.70
Mocha	£2.70
Filter coffee	£2.00
Babyccino	£1.60

Coffee syrups	£0.75
Extra coffee shot	£0.90

Hot chocolate	£2.70
Deluxe hot chocolate	£3.10

Teas	£2.00
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- English breakfast
- Earl Grey
- Fruit & herbal

## Cold drinks

Please check the chiller in the café for today's cold drink selection.

We care about the food we serve and where it comes from. We're proud to say our café holds the Soil Association's Food for Life Award!

### Palm Oil

We try to avoid palm oil, but if we can't, we make sure it comes from a certified sustainable source approved by the Roundtable on Sustainable Palm Oil (RSPO).

### Vegware

All of our consumables, from our coffee cups to cutlery, are made from renewable, low carbon or recycled materials, and can all be composted.

### Bird friendly coffee

Our coffee is Fairtrade, meets rainforest alliance standards and is organic - triple certified. Best of all, it tastes great!

### Red tractor

All of the fresh meat we use is red tractor certified. Meaning it is always traceable, safe and British.

### Organic Milk

All of our milk is sourced locally from an organic dairy.

### Free Range Eggs

All of the eggs we use in our products are from free range hens. We want happy chickens!

### Vegetarian and Vegan

Reducing meat consumption is good for the planet, so we try to offer more vegetarian and vegan items on our menu. Look for the symbols below, and ask for milk alternatives in your hot drinks.

- Vegetarian

- Vegan

[visitsherwood.co.uk](http://visitsherwood.co.uk) @RSPBSherwood @VisitSherwood

### Allergies

If you have any food allergies and intolerances, please speak to our staff about the ingredients in your meal when making your order. Use our QR code to head to [WhatsInMyDish.co.uk](http://WhatsInMyDish.co.uk) to see a full allergen list for our menu.



The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales no. 207076, Scotland no. SC037654



# SHERWOOD FOREST

WHERE LEGENDS GROW

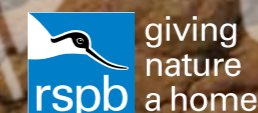


# Menu



## Where Legends feast

Cared for and protected by



giving nature a home

Working with

