

ADULT'S MENU

We cater for most allergies. Please inform us about any allergies and we will advise suitable menu choices.

HOMEMADE DISHES £5.65

Homemade Cottage Pie (EF, GF, DF)

Organic minced beef and vegetables with mash and optional cheese

Homemade Fish Pie (EF)

Tasty smoked and fillet fish with vegetables and cheesy mash

Homemade Mushroom Risotto (V, EF)

A delicious fusion of mushrooms, garlic and parmesan in a pearl barley risotto served with warm baguette



FRESH WRAPS £3.75

All made fresh on flour tortilla wraps – around 300 calories each.
(Gluten free wraps available on request)

Greek wrap Feta cheese, tomato, olives, red onion and salad wrap (V)

Wasabi Tuna wrap Tuna, wasabi mayo, cucumber and salad wrap (DF)

Falafel wrap Falafels, sweet chilli, houmous, cucumber and salad wrap (DF, V)

NEW SOUP CHOICES £3.75

A selection of quality soups served with fresh toasted baguette

Skinny Soup - fewer than 300 calories per soup and bread (LC)

Simple Soup - classic flavours for adults and children

Super Soup - bolder flavours for the more adventurous

PANINIS £4.35

Toasted Panini with two fillings, served with crisps and salad garnish.

Ham (FR), Cheese, Roast Vegetables, Tuna Mayo, Red Onion, Bacon (FR), Pesto, Tomato

JACKET POTATOES £4.35

Jacket potatoes ~ baked daily (GF)

Beans & Cheese, Bacon (FR) & Cheese, Tuna & Mayo, Tuna & Sweetcorn, Cottage cheese (LC)

V = Vegetarian

DF = Dairy Free

EF = Egg Free

GF = Gluten Free

LC = Low Calorie

FR = Free Range



Please order at the counter, all food is prepared to order.

CHILDREN'S MENU

CHILDREN'S HOT MEAL DEAL - includes a juice box £4.25

Homemade Cottage Pie (EF, GF, DF)

Organic minced beef and vegetables with mash and optional cheese

Homemade Fish Pie (EF)

Tasty smoked and fillet fish with vegetables and cheesy mash

Organic Sausages served with Heinz Beans and Toast (DF, EF)

Pasta with one of the following sauces:

- Homemade Organic Bolognaise (DF, EF, GF)
- Homemade Tomato Sauce (V, DF, EF, GF)
- Homemade Organic Sausage and Tomato Sauce (DF, EF)
- Pesto Sauce (V)

Gluten free pasta available on request – please allow 15 mins as we cook to order



CHILDREN'S COLD MEAL BOX - includes a juice box £4.25

Build your child a healthy meal box:

- Sandwich with choice of filling: Free-range Ham, Cheese, Marmite, Jam, Tuna Mayo
- **Two** of the following: Fresh fruit, raisins, mini-muffin, yoghurt, veg sticks
- Juice box (Apple/Orange)
- Pocket money toy

CHILDREN'S SANDWICH £2.50

Sandwich with choice of filling: Free-range Ham, Cheese, Marmite, Jam, Tuna Mayo
Additional filling 50p. Gluten free bread available on request

CHILDREN'S JACKET POTATO £3.65

Child size Jacket Potato portion served with a choice of filling:
Beans & Cheese, Tuna & Mayo, Tuna & Sweetcorn, Cheese

ORGANIC BABY FOOD RANGE

Stage 1 £1.50

Stage 2/3 £1.75



Please do not bring food or drinks into the cafe.

HOT DRINKS

Capuccino	£2.35	Americano	£2.10
Latte	£2.35	Hot Chocolate	£2.45
Mocha	£2.45	Child Hot Chocolate	£1.45
Babycino	£0.80		
English Breakfast Tea	£1.75	Herbal Tea	£1.75



Decaf and Soya available on request

HOT DRINK DEAL £2.95

Order any hot drink and muffin, croissant or chocolate brownie!

COLD DRINKS

Still Water	£1.25	Sparkling Water	£1.25
Soft Drinks	£1.35	RDA Organic Juice	£2.25
Bottle Green range	£1.80	Kids Organic Juice	£1.25
Juice Box	£0.95	Juice & Water Bottle	£1.00



Jitterbugs Parties

We have a range of different party packages to suit all ages and budgets:

Standard Party	£8.50 per child
Cinema Party	£10.95 per child
Exclusive Party from	£12.50 per child



Please see our party brochure or website for details, or ask us to design a party just for you!

FOOD MENU



www.jitterbugsplaycafe.co.uk

020 89464156