

# MENU

## COFFEES

### roasted coffee

Espresso	£1.60
Americano	£1.80
Flat White	£1.90
Capuccino	£2.00
Latte	£2.00
Mocha	£2.10
Filter Coffee	£1.50
All coffees are regular two shots. If you prefer your coffee not so strong, please ask for one shot.	
Extra shot of coffee	30p
Extra shot of Vanilla, Caramel, Hazelnut or Coconut syrup	30p
Babychino	50p
Cafetiere (3/4 cups)	£5.00

## TEAS

We have: English Breakfast, Earl Grey, Camomile, Peppermint, Mango & Strawberry, Rooibos, Decaffeinated

Mug	£1.80
Pot	£2.20
Fresh mint/root ginger in a pot	£2.00
Spiced Chai Latte	£2.20

## HOT CHOCOLATE

Regular Mug	£2.00
'De Luxe' (with whipped cream and marshmallows)	£2.50

## COLD DRINKS

We have: Coca-Cola, Diet Coke, Lemonade, Mineral Water (sparkling/non sparkling)

Above cold drinks	£1.50
We also have Folkington's fruit juices and drinks in: Pink Lemonade, Cranberry Juice, Orange Juice, Apple Juice, Elderflower Drink	
Folkington's drinks	£2.00



## SANDWICHES

You can choose between: white, wholemeal, granary, or gluten and wheat-free bread

Egg mayonnaise and spring onion (v)	£3.00
Cheddar and chutney (v)	£3.00
Tuna, dill sauce and cucumber	£3.20
Emmental and mango chutney (v)	£3.20
Ham salad (with/without mustard)	£3.20
Hummus and roasted peppers (vegan)	£3.20
Avocado and sun-dried tomatoes (vegan)	£3.20
Coronation chicken	£3.50
Coronation courgette (v)	£3.50
Brie and cranberry (v)	£3.50
Smoked salmon and cream cheese	£3.50

Children under 10 years may order half a sandwich (for half the price!)

Crisps (Kettle Crisps)	90p
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From 10.00 - 11.00am: One slice of toast with butter, preserves, honey or marmite

## PANINIS

Smoked ham and cheese	£3.80
Tuna and red onion	£3.80
Chicken and pesto	£3.80
Cheese and red onion (v)	£3.50
Cheese and pesto (v)	£3.50

## JACKET POTATOES

With butter	£2.50
Add beans or coleslaw	50p
Any additional topping from above sandwich or panini fillings	£1.00

## SOUP OF THE DAY

Please see the blackboard on the counter  
All soups served with fresh bread

## CAKES

All homemade here in the Ropetackle kitchen – with wholefood ingredients so that they keep as well as you do!

### ROPETACKLE CAKE

A scrumptious carrot cake with a zingy lemon frosting (v)	£2.40
Chocolate fudge (v)	£2.40
Coffee walnut (contains nuts) (v)	£2.40
Lemon drizzle (v)	£2.00
Spiced apple and raisin (v)	£2.00
Cherry and almond (contains nuts) (v)	£2.00
Chocolate brownie (gluten& wheat free) (v)	£2.00
Banana muffins (gluten, wheat and dairy free) (vegan)	£2.00

Fresh fruit always available

## WATCH OUT FOR SPECIALS!



**DID YOU KNOW:** Ropetackle has teamed up with **Lesley's Kitchen** to offer delicious pre-show food before events taking place on Thursdays, Fridays, and Saturdays. **Lesley Ward**, who runs Lesley's Kitchen, has lived in Shoreham for over 30 years and has lots of experience in catering for local businesses and community events including five years running the Beach Dreams Café.

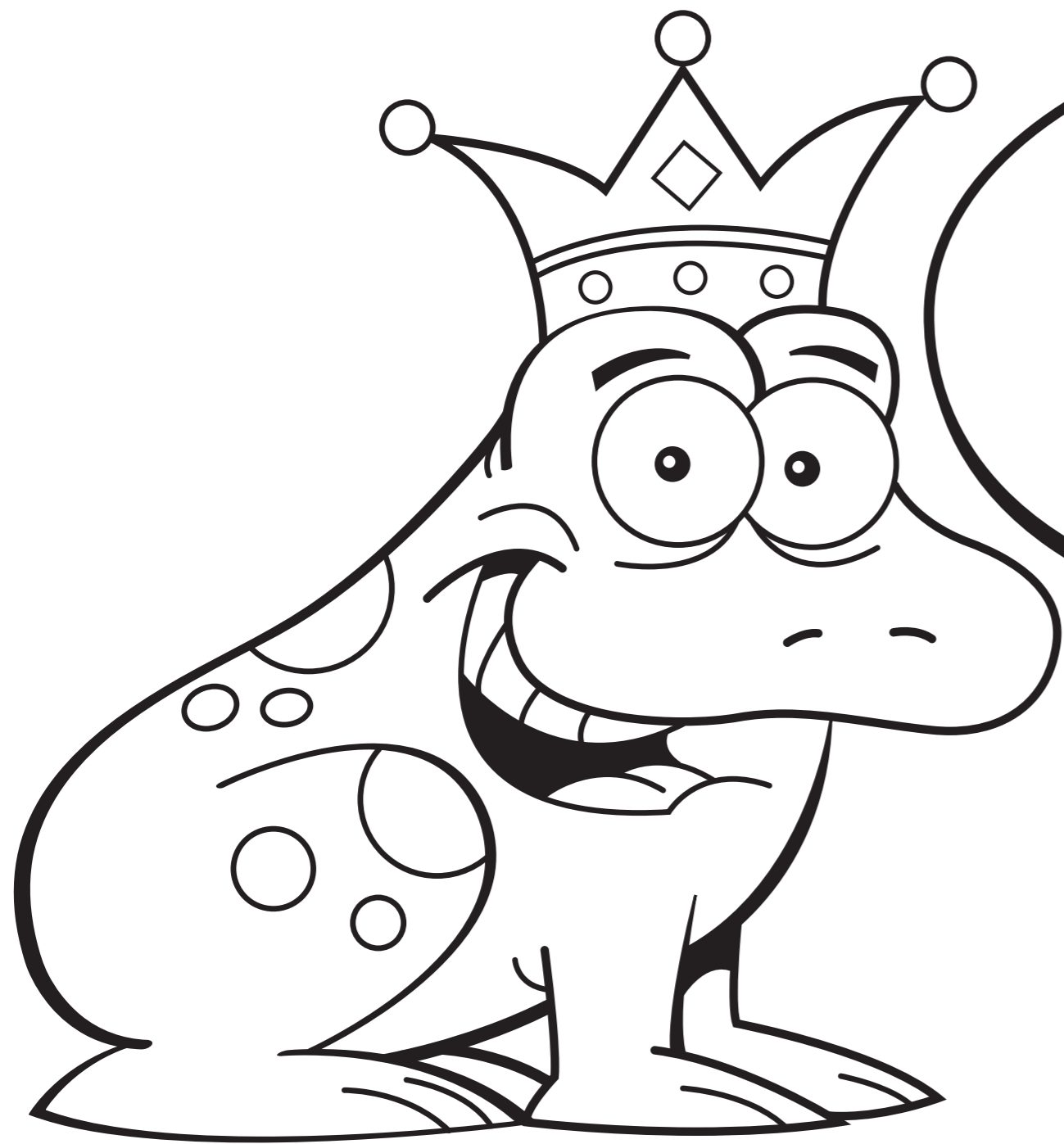
The pre-show supper menu will include meat and vegetarian options including lasagne, chilli, pie, casserole, and curry, all served with either salad or vegetables, plus a range of desserts including trifles, meringues, brownies and more!

Main meals cost just £7, desserts £3, or the 2-course meal for £9.50.

**No booking necessary, with food served from 6pm.**

Ropetackle Café @ropetacklecafe ropetacklecentre.co.uk/cafe





**Colour  
me in**

**Name:**  
**Age:**  
**Contact details:**

**When you have finished colouring in, please add your details and hand into the box office to enter our monthly competition. The prize will be a family ticket to see our next children's show.**