



# TATA'S CAFE

Café Open Every Day 8am – 4pm

## Continental Breakfast

Muesli, yoghurt, croissant, toast, berries, milk, butter & jams. 19.50

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## Smoked Bacon & Egg Turkish Roll

Bacon & scrambled eggs on Turkish roll, salad garnish 15.50

## Sweet Potato + Pumpkin, Spinach & Feta Frittata G/Free

Served with a salad garnish 16.50

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## Croissant Ham & Cheese

Ham, cheddar cheese melted 9.50

## Pancakes

Strawberries & vanilla ice-cream 15.50

## Fruit Toast

Butter & jams 8.50

V

## Lasagne Beef

Traditional lasagna with salad garnish 24.50

## Lasagne Pumpkin & Spinach

Vegetarian lasagna with salad garnish 24.50

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## Muffins Savory

Spinach & Feta 10.50

or

Pumpkin & Bacon 10.50

V

# Something Sweet

## Blueberry Muffin G/free

Caramel sauce & cream 9.50

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## Double Chocolate Muffin

Chocolate sauce & cream 9.50

## Raspberry Friand G/free

Ground almonds & raspberries w/ cream 8.50

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## Fudge Brownies G/free

Chocolate Brownie, chocolate sauce & cream 8.50

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## Ice-cream Sundaes

### Chocolate Fudge Sundae

- ★ Vanilla bean ice-cream
- ★ Chocolate Fudge Sauce
- ★ Mixed Berries
- ★ Whipped cream

13.50

### Salted Caramel Ice-Cream Sundae

- ★ Vanilla bean ice-cream
- ★ Salted Caramel Sauce
- ★ Mixed Berries
- ★ Whipped cream

13.50

# Smoothies / Shakes 8.50

**\*Sugar Free\***

## Berry Blaster

Strawberries are your best friend when it comes to getting rid of that stubborn belly fat. Not only will this juice help you burn the bulge, it will also help control your insulin levels. This anthocyanin-rich fruit produces a hormone that helps stimulate your metabolism while slowing down the rate of digestion of starch foods. An all-round weight loss winner with this juicing recipe

- ★ **Strawberries**
- ★ **Raspberries**
- ★ **Coconut Water**



## Super Green Smoothie

PERFECT PICK ME UP

- ★ **Spinach**
- ★ **Banana**
- ★ **Almonds**
- ★ **Green Matcha**
- ★ **Almond Milk**



## Matcha Fruit Smoothie

Boost your daily antioxidants with Matcha, yoghurt & assorted berries. Perfect for an after-work out protein boost.

- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Yoghurt**
- ★ **Green Matcha**
- ★ **Almond Milk**



## Matcha Tea Smoothie

**JUICY** Surprisingly delicious & tastes like a sherbet

- ★ **Green Matcha**
- ★ **Orange juice**
- ★ **Soy Milk**



<b>Mocktails</b>	10.50
<b>Berry Smoothie</b> strawberries, milk, cream	
<b>Cinderella Mocktail</b> apple pineapple sprite	
<b>Mary Mocktail</b> tomato juice, Worcestershire, lemon, tobasco	

<b>Iced Tea Jars</b>	10.50
<b>Southern Iced Tea</b> sencha green & vanilla tea infused with oranges, strawberries & mint	
<b>Jasmine Tea</b> infused with apples, citrus & mint	
<b>Hibiscus Tea</b> with strawberry, apple, lemon, lemon basil	

<b>Cool Drinks</b>		<b>Juices</b>	
<b>Coke</b>	<b>5</b>	<b>Apple Juice</b>	<b>5</b>
<b>Coke Zero</b>	<b>5</b>	<b>Cranberry Juice</b>	<b>5</b>
<b>Dry Ginger Ale</b>	<b>5</b>	<b>Orange Juice</b>	<b>5</b>
<b>Fire Engine</b>	<b>5</b>	<b>Pineapple Juice</b>	<b>5</b>
<b>Lemon Squash</b>	<b>5</b>	<b>Tomato Juice</b>	<b>5</b>
<b>LLB</b>	<b>5</b>		
<b>Soda Water &amp; Lemon</b>	<b>5</b>	<b>Water</b>	
<b>Sprite</b>	<b>5</b>	<b>Water 600ml Still</b>	<b>3.50</b>
<b>Tonic Water</b>	<b>5</b>	<b>750ml Sparkling</b>	<b>6</b>

## Coffee Hot – medium or dark roast

**Turmeric & Honey Latte** Soothing turmeric, cinnamon & ginger add warmth, the honey & milk (soy /regular) balance out the intense roast of the double espresso 5

**Coconut Latte** Foamed coconut milk & Nutella pair beautifully with our double shot dark roasted coffee to reveal a smooth & satisfying start to your day 5

<b>Cappuccino</b>	4.80	<b>Espresso</b>	4.50
<b>Flat White</b>	4.80	<b>Hot Chocolate</b>	4.80
<b>Latte</b>	5	<b>Long Black</b>	4.50
<b>Long Macchiato</b>	5	<b>Mocha</b>	4.80
<b>Spiced Chai Latte</b>	5	<b>Green Matcha Latte</b>	5

### Coffee Flavours: vanilla, chocolate, caramel +50c

#### Liqueur Coffee 13.50

**Mexican Coffee** Coffee, Kahlua, whipped cream

**Calypso Coffee** Coffee, Tia Maria, whipped cream

**Irish Coffee** Coffee, Irish Whiskey, whipped cream

**Baileys Coffee** Coffee, Baileys, whipped cream

**Caribbean Coffee** Coffee, Dark Rum, whipped cream

**Jaffa Hot Chocolate** Hot Chocolate, Orange Liqueur, cream

#### Tea Pot 5

**English breakfast**  
**Green Tea Sencha**  
**Camomile**  
**Lemongrass & Ginger**  
**Earl Gray**  
**Peppermint**  
**Masala Chai with hot milk**  
**Green Matcha Tea**  
**Hibiscus**

#### Iced Coffees 7.50

**Iced Chocolate**  
**Iced Coffee**  
**Iced Mocha**

#### Iced Matcha Tea 7.50

Green Matcha Tea, almond milk, ice \*sugar free\*