

tasté

# restaurant menu



SANCTUARY  
RETIREMENT LIVING

# BREAKFAST

## Breakfast served 9am - 11am

Bacon sandwich - £3.00  206 kcal

Sausage sandwich - £3.00  292 kcal

Slice of toast with butter - 60p  239 kcal

Jam or marmalade portion - 30p  96 Kcal

Something on toast - £2.50  362 kcal

Cheese  196 kcal Baked beans 91 kcal or Egg  245 kcal

Cooked Breakfast - £5.40 707 kcal

2 bacon, 2 sausages  2 eggs  tomato, mushroom, toast 

Additional item – 60p

## Lunch alternatives served 12pm – 1.45pm

Soup of the day - £3.00

Lasagne, garlic bread and side salad - £6.50  712 kcal

2 sausages, 2 eggs, chips and beans - £5.00  608 kcal

Ham, egg, chips with beans or peas - £5.00  688 kcal

Battered fish and chips - £6.50  780 kcal

Golden fried scampi (8) and chips - £6.50  559 kcal

Vegetarian Kiev with chips and salad -£6.50  837 kcal


## Sides

Chips 334 kcal Side Salad  5 kcal Vegetables  47 kcal - £2.25

# LIGHT BITES

## Sandwiches

Home-cooked ham and tomato - £2.50  295 kcal

Egg mayonnaise and cress - £2.50  551 Kcal

Cheddar cheese and tomato - £2.50  535 Kcal

Tuna mayonnaise and cucumber - £2.75  435 kcal

All sandwiches are served with a salad garnish

## Omelettes

Served with 1 filling and side salad - £4.50

Choice of cheese  489 kcal Ham 343 kcal

Mushroom  301 Kcal Tomato  303 Kcal


## Jacket Potatoes

Served with 1 filling and side salad

Cheese  533 kcal or baked beans  435 kcal - £5.00

Tuna mayonnaise  574 kcal - £5.25

## Salads

Cheese  232 kcal Ham 92 kcal Egg  101 kcal - £4.50

Tuna mayonnaise - £4.75  218 kcal



Extra fillings, toppings or additional items - 50p



# DRINKS

## Hot drinks

Mug of tea *34 kcal* or coffee *37 kcal* - £1.10  

Latte - £1.75   *111 kcal*

Cappuccino - £1.75   *111 kcal*

Hot chocolate - £1.75   *294 kcal*

## Cold drinks

Canned drinks (330ml) – from 80p

Bottled water - from 70p

Glass/carton of fruit juice - 80p

## Sweet treats

Ice cream, 3 scoops - £1.75  

Chocolate bars - 80p

Packet of crisps - 80p

**Please ask our staff for additional allergen information**

**Kcal value is an approximate based on recipes provided**

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*Discount will be applied at the till for  
all Sanctuary Retirement Living residents*