

tasté

# restaurant menu





SANCTUARY  
RETIREMENT LIVING

# BREAKFAST

## Breakfast served 9am - 11am

Bacon Sandwich - £2.50  **206 kcal**

Sausage Sandwich - £2.50  **292 kcal**

Slice of Toast with Butter - 50p  **239 kcal**

Jam or Marmalade Portion - 30p  **96 Kcal**

Something on Toast - £2.00  **362 kcal**

Cheese  **196 kcal** Baked Beans **91 kcal** or Egg  **245 kcal**

Cooked Breakfast - £4.50 **707 kcal**


2 Bacon, 2 Sausage , 2 Egg , Tomato, Mushroom, Toast 

Additional Item – 50p

## Lunch alternatives served 12pm – 1.45pm

Bowl of Soup with a Bread Roll and Butter - £2.50

Lasagne, Garlic Bread and Side Salad - £5.50  **712 kcal**

2 Sausage, 2 Egg, Chips and Beans - £4.50  **608 kcal**

Ham, Egg and Chips - £4.50  **688 kcal**

Battered Fish and Chips - £5.50  **780 kcal**

Golden Fried Scampi (8) and Chips - £5.50  **559 kcal**

Vegetarian Kiev with Chips and Salad - £5.50  **837 kcal**

## Sides

Chips **334 kcal**, Side Salad  **5 kcal**, Vegetables  **47 kcal** - £1.75

# LIGHT BITES

## Sandwiches

Home Cooked Ham and Tomato Sandwich - £2.20  295 kcal

Egg Mayonnaise and Cress Sandwich - £2.20  551 Kcal

Cheddar Cheese and Tomato Sandwich - £2.20  535 Kcal

Tuna Mayonnaise and Cucumber - £2.50  435 kcal

All Sandwiches are served with a Salad Garnish

## Omelettes

Served with 1 filling and Side Salad - £3.95

Choice of Cheese,  489 kcal, Ham, 343 kcal

Mushroom  301 Kcal or Tomato  303 Kcal

## Jacket Potatoes


Served with 1 filling and Side Salad

Cheese  533 kcal or Baked Beans  435 kcal - £4.50

Tuna Mayonnaise  574 kcal - £4.75

## Salads

Cheese  232 kcal Ham 92 kcal Egg  101 kcal - £3.95

Tuna Mayonnaise - £4.25  218 kcal



Extra Fillings, Toppings or Additional items - 50p

# DRINKS

## Hot drinks

Mug of Tea - £1.00   34 kcal

Mug of Instant Coffee - £1.00   37 kcal

Hot Chocolate - £1.50   294 kcal

***Speciality Teas and Coffee are also available***

## Cold drinks

Canned Drinks (330ml) - from 80p

Bottled Water - from 60p

Glass/Carton of Fruit Juice - from 75p

## Sweet treats

Ice Cream 3 Scoops - £1.75  

Chocolate Bars - 70p

Packet of Crisps - 70p

Please also see the “Daily Specials”

Selection of Savoury and Sweet items are also available

**Please ask our staff for additional Allergen Information**

*Kcal value is an approximate based on recipes provided*