

Guarida Community Cafe

Menu 2 – Breakfast menu



1. Traditional porridge

Warming spicy porridge made with milk, cinnamon and clove



2. Toasted sandwich

Toasted bread with cheese and ham



3. Fresh croissants & bread sticks

A selection of croissants and french bread fingers



4. Cereal

Muesli and a selection of brand health cereals for slow release energy



5. Fresh fruit

Get a healthy start to the day with our selection of fruit



6. Selection of jams and butter

Heartwarming and delicious, sample a selection of jams



7. Fresh fruit smoothie

The perfect way to start your day with a healthy boost



8. Tea, coffee and hot chocolate

Traditional hot drinks to give you a warming energy boost



9. Fruit juice

Healthy and nutritious to get you going on your 5-a-day



10. Yoghurt

Natural yoghurt dressed with delicious fruit of your choice



11. Fried breakfast

Traditional English breakfast; sausage, egg, bacon, mushroom and tomato