



# CARITAS COMMUNITY CAFÉ MENU

## BREAKFAST

### ALL DAY BREAKFAST £5.00

Local sausage, bacon, two eggs, hash brown, baked beans, tomato, mushrooms, slice of toast & mug of coffee or tea

### TOAST £1.50

Two slices of brown or white toast served with a choice of preserves

### VEGETARIAN BREAKFAST £5.00

Two homemade sausages, two eggs, hash brown, baked beans, tomato, mushrooms, slice of toast & mug of coffee or tea

### BREAKFAST ROLL £3.00

Local sausage, bacon, egg

## LUNCH

### HOMEMADE SOUP £2.00

Served with our homemade prison bread  
See blackboard for today's seasonal soup

### DAILY SPECIALS £5.00

See our blackboard for today's daily specials

### JACKET POTATO £4.00

Choice of fillings served with salad

### SANDWICHES £3.00

Choose from brown or white bread, served with a salad garnish & crisps  
choice of fillings

### PANINIS £3.00

Served with salad & chips  
choice of fillings

Fillings:

Cheese, cream cheese, hummous, egg  
mayonaise, ham, tuna, chicken, baked  
beans, salad leaves, onion, tomato

## DRINKS

TEA & INSTANT COFFEE	£1.00
FILTER COFFEE	£1.80
SPECIALITY TEA	£1.50
BOTTLED WATER	£1.00
RIBENA	£1.00
APPLETISE, COKE, DIET COKE	£1.50

## CAKE

See our selection of cakes on the  
counter **£1.80**

## DESSERT

See blackboard for today's dessert **£2.00**

VEGETARIAN, VEGAN & GLUTEN FREE OPTIONS AVAILABLE - PLEASE ASK



## WHO WE ARE

Caritas is a Community Charitable Trust, founded in 2007 by Rev. Richard Bellinger, which supports and nourishes those in difficulty, in the justice system, in distress or in need.

## OUR PROJECTS

### MARKET GARDEN

We use our land in St Peters to produce fresh organic vegetables. The market garden is managed by Richard and is run by a number of ex-offenders

### FARMER'S MARKET

Our fresh produce is sold at the weekly Farmer's Market along with cakes and delicious bakes made by during our prison cooking sessions

### COMMUNITY CAFÉ

The café is a place of acceptance and belonging. It is a safe place to meet and make friends and offers an opportunity to learn, volunteer and work together for the benefit of the community

### PRISON

We run a weekly cooking project in the Guernsey prison - all of our cakes are made there along with our vegetarian sausages & delicious deli bakes that stock our Farmer's Market



Caritas Community Café opened in 2013 & is run almost exclusively by volunteers. This means we are able to keep our prices low so that ALL our customers can enjoy wholesome, homemade food at affordable prices.

We also support those who may be experiencing hardship by providing meals at no cost - donations enable us to do this. If you would like to make a donation towards a meal for someone who has hit hard times, please speak to one of our volunteers.



## PRAYER CIRCLE

As Christian charity we offer prayer

If you would like us to pray for you or someone you care about, please fill out a prayer request form. These can be found on our prayer table.