



ASPIRE
My Life. My Support. My Way

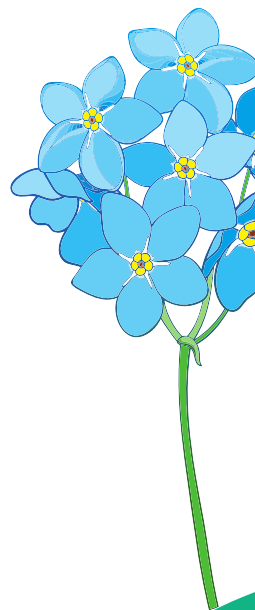
CAFE MENU
9AM TILL 3PM

Dine with us

AT THE FORGET ME NOT CAFE



FORGET ME
NOT CAFE





FORGET ME
NOT CAFE

****ALL SERVED WITH A SIDE SALAD AND
HOMEMADE COLESLAW****



Sandwiches / Wraps

Choice of fresh bread or tortilla wrap and a filling of your choice, served with salad & coleslaw

£2.30



Toasties / Toasted Tortilla Wrap

Melted cheese with a filling of your choice on fresh bread or a tortilla wrap served with salad & coleslaw

£2.60



Delicious Homemade Soup

Served with a fresh bread roll

£2.10

Served with a sandwich

£3.30



Jacket Potato

served with salad & coleslaw

With butter

£1.70

One filling

£2.30



Omelette with or without cheese

Served with beans

£2.30



FORGET ME
NOT CAFE

Store our number 0161 607 7148 to contact us for pre booking your favourite dinner or to enquire about our buffett service and celebration cakes.



Freshly Prepared Salad

Served with a boiled egg, homemade coleslaw and a filling of your choice.

£3.00



Available Fillings

Cheese Tuna Mayo Egg Mayo
Cottage Cheese

£0.70
per filling

Ham Chicken Fajita Chicken

£0.80
per filling



Extras

Chips

£0.80

Side Salad

£0.50

Coleslaw

£0.30

Egg

£0.50

Beans

£0.50

Curry

£0.50

Gravy

£0.50

SWEET TREATS



Chocolate Bar

£0.70

Homemade Cakes

from £1.00

Crisps

£0.70

Biscuits

from £0.40





FORGET ME
NOT CAFE

PERSONAL

HONEST

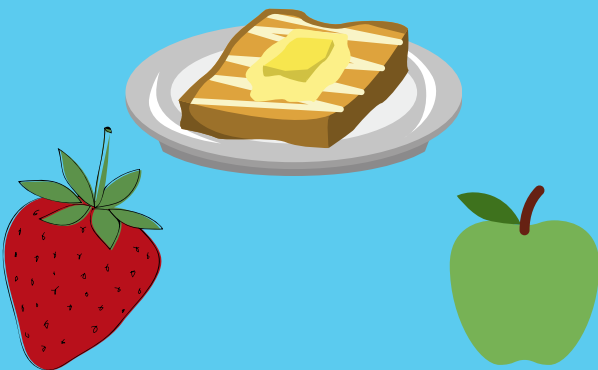
CREATIVE

EXCELLENT

www.iamaspire.org.uk

ITEMS SERVED ALL DAY

Toast with butter	£0.50
Cheese on Toast with tomato or onion	£1.10
Fresh Fruit	£0.50
Yoghurt	£0.80
Fruit Pots	£1.20
Breakfast Pots	£1.10



SELECTIVE DAYS MENU

See board for details

Bacon Sandwich	£2.00
Sausage Sandwich	£1.60
BLT bacon, lettuce & tomato	£2.30

DRINKS

Fizzy Drinks	£1.00
Bottled Water	£1.00
Juice Carton	£0.50
Tea	£1.10
Coffee	from £1.30
Hot Chocolate	£1.80

OFFERS – THE MEAL DEAL

See board for details

HOT MAIN MEAL £3.60

HOT PUDDING £1.30

MEAL DEAL £4.40

main & pudding

– SPECIALS –

We will endeavor to meet any specific dietary requirements. If you have any allergies please inform the Catering staff prior to ordering.

Please be aware that all our foods may contain one or more of the 14 Allergens. Please check the board and speak with a member of the café team about any of the allergens before ordering. Thank you.