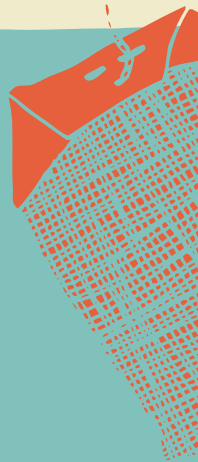




# THE TEA TROLLEY

Tea Rooms & Eatery

## MENU



# The Tea Trolley



Welcome to the Tea Trolley. We are a community tea room run in partnership with Nottingham Mencap and Central College Nottingham.

We are a social enterprise established to give the people of Nottingham opportunities to gain valuable work skills and qualifications.

By giving the tea room your custom you are helping to support the students and volunteers as well as other community projects.

Our food is produced freshly on the premises, as such some food may take a little while to prepare and cook. Please let us know if you are in a hurry. Additionally if you have any special dietary requirements please do not hesitate to ask staff for exact ingredients listings.

Whilst we do make every effort to accommodate allergies, requirements and food intolerances please note that we cannot guarantee that a dish is completely free of allergens as we do handle a variety of foods in our kitchen.

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<https://www.facebook.com/teasandtreats>



# Breakfast



**\* Only available until 2pm\***

**Breakfast Special:** A breakfast sandwich/toast and a tea or coffee for only \*10am-12pm only\*

£2.95

**Toast:**

|   |       |
|---|-------|
| Two toast on wholemeal or white with butter or spread | 60p   |
| Add Jam or Marmalade                                  | 90p   |
| Add Cheese  | £1.75 |
| Add Beans   | £1.75 |
| Add Cheese and Beans                                  | £2.10 |
| Add sautéed Mushrooms                                 | £1.95 |
| Add Scrambled Eggs                                    | £1.95 |
| Add Scrambled Eggs and Bacon                          | £2.55 |

**Bacon Sandwich:** Grilled Bacon served on your choice of bread: wholemeal, white or Ciabatta

£2.50

**Breakfast Sandwich:** Any two breakfast items on your choice of bread: wholemeal, white or Ciabatta. Veggie options available (v)

£2.95

**Extra toppings (per item):**

£1

**Breakfast:** Sausage, Bacon, Fried or Scrambled Eggs, Sautéed Mushrooms and Tomatoes, Hash Browns, Baked Beans with Wholemeal or White Toast. Veggie option (v) available

£3.25

**Big Breakfast:** Sausage, Bacon, Fried or Scrambled Eggs, Sautéed Mushrooms and Tomatoes, Hash Browns, Baked Beans with Wholemeal or White Toast. Veggie option (v) available

£5.50

# Sandwiches & Salads



All come with a side salad. They come on Ciabatta as standard but you may have brown, white or gluten free instead should you wish. If you don't fancy bread any of our sandwiches can be turned into a salad with mixed leaves and vine ripened tomatoes.

**Tuna Mayo Sweetcorn:** Dolphin-friendly Tuna with Mayo and Sweetcorn and Mixed Leaves

£3.25

**Cheese and Pickle (v):** Mature Cheddar with either Pickle or Sunblushed Tomato Relish

£3.25

**Add Ham:**

£3.75

**BLT:** Grilled Bacon, Sliced Vine Ripened Tomatoes, Mixed Leaves and Mayo

£3.75

**Add Chicken breast**

£4.75

**Chicken Salad:** Grilled Chicken with Vine Ripened Tomatoes, Mixed Leaves and Mayo

£3.75

# The Kids



**Kiddy Meal:** A small sandwich on white or wholemeal (kids pick their own fillings!), some fruit, an orange squash and a lollipop.

£3.45

# Panini's



All come with a side salad. They come on Ciabatta as standard but you may have brown, white or gluten free instead should you wish. If you don't fancy bread any of our Panini's can be turned into a salad with mixed leaves and vine ripened tomatoes.

**Italian Panini (v):** Thick sliced Vine Ripened Tomato, Homemade Basil Pesto and Torn Mozzarella

£2.95

**Mediterranean Panini (vegan):** Roasted Peppers, Butterbean Hummus and Pesto

£3.25

Add Feta

£3.75

**Ham and Cheddar Panini:** Cured Ham, Mature Cheddar and Sunblushed Tomato Chutney

£3.25

**Goats Cheese Panini (v)(n):** Goats Cheese, Roasted Peppers, Red Onion Relish, Basil and Pine Nuts

£3.45

**Greek Panini (v):** Feta, Fresh Basil, Red Onions, Sliced Tomato and Olive Tapenade

£3.45

# Jacket Potatoes & Soups



**Homemade Soup of the Day:** £1.60

With Ciabatta, White or Wholemeal Bread: £2.10

**Jacket with Butter served with salad:** £1.90

One Topping: £2.25

Two Toppings: £2.50

**Choose from the following toppings:**

Mature Cheddar, Beans, Tuna Mayo, Sweetcorn, Roasted Peppers,  
Goats Cheese, Ham, Bacon, Mozzarella, Tomatoes, Red Onions, Feta,  
Coleslaw

Extra toppings **50p each**

# Treats & Cakes



We carry a selection of cakes and treats. Some of these are supplied to us by local chefs and bakers; others are baked in house by students and volunteers.

**Cakes:** Always a good selection, these vary in size and prices so come and have a look at the front till

**Fruit:** Usually a selection of fresh and dried fruit if you'd like a healthier dessert or just fancy some fruit! Don't forget our wonderful SoSmoothies either that come in three great flavours!

**Homemade Scones:** Vary in flavours, ask for todays.  
Served with Butter or spread

95p

**Add Jam or Curd and Clotted Cream:**

£1.50

**Cream Tea:** Homemade Scone with Butter or spread, Jam or Curd and Clotted Cream. Served with a pot of tea; flavour of your choice

£2.35

For two: £4.25

# Cold Drinks



## **Smoothies:** Fresh fruit smoothies made in West Bridgford

|                       |       |
|-----------------------|-------|
| Banana and Strawberry | £1.60 |
| Blueberry and Banana  | £1.60 |
| Pineapple and Mango   | £1.60 |

## **Cordials:** Belvoir Fruit Farms

|                        |       |
|------------------------|-------|
| Elderflower Presse     | £1.50 |
| Blackcurrant and Apple | £1.35 |
| Organic Lemon          | £1.35 |

## **Pure Juice:** James Fenwick bottled

|        |       |
|--------|-------|
| Apple  | £1.30 |
| Orange | £1.30 |

## **Water:**

|                        |       |
|------------------------|-------|
| Still                  | 80p   |
| Sparkling              | 80p   |
| Straight out the Trent | £0.00 |

## **Cans:**

|                                |     |
|--------------------------------|-----|
| A selection in the back fridge | 80p |
|--------------------------------|-----|

# Hot Drinks



Available with semi-skimmed milk or soya milk

**Tea:** We have a fantastic selection of tea; see the next page for all the flavours!

|                                   |       |
|-----------------------------------|-------|
| Takeaway/Mug of regular tea       | 80p   |
| Regular Tea Pot for 1             | £1.00 |
| Speciality Tea Pot for 1          | £1.25 |
| Regular Tea Pot for 2-3 people    | £1.60 |
| Speciality Tea Pot for 2-3 people | £1.80 |

## **Coffee:**

|                              |       |
|------------------------------|-------|
| Filter: Kenyan Blue Mountain | £1.00 |
| Instant                      | 90p   |
| Milky                        | £1.25 |
| Decaffeinated                | 90p   |

**Hot Chocolate:** £1.25

**Glass of milk:** 90p

# Teas



Local tea merchant The Tea Man supplies us with some amazing teas. He operates from West Bridgford and ensures that his teas are the best of the best! Below is a selection of the blends he offers on a regular basis.

**Moroccan Mint Tisane:** Coarsely shredded Moroccan mint leaves mixed with Chinese gunpowder tea. A delightful, intense minty flavour. A digestif for an unsettled tummy. Emily, our catering manager says “Wakes me up with a minty slap in the face if I’ve had too much wine the night before.”

**Wild Cherry:** Leaves mixed with Cherry blossom and Cherry oil. Mary our assistant catering manager says, “That’s well nice!”

**Lapsang Souching:** A tea with a big personality. A strong smoky aroma and a rich tarry flavour. Good without milk and with Lemon. Great with fish, cheese and meat. Emily says: “It’s a flipping whopper!”

**Japanese Sencha Fukujyu:** A really nice light-medium green tea.

**Indian Spiced Chai:** A rich black tea with such things as Cardamom, Cinnamon and Cloves. Has a heady aroma and is wonderful winter warmer. Usually served with milk. Emily’s friend Andy says “Oh wow!”

**English Breakfast:** It’s a classic and a good one if you fancy the usual brew but with a bit more depth.

**Chun Mee Green Tea:** Fabulous anti-oxidant and a good all-round Chinese green tea.

**Passion fruit:** A splendidly light yet flavoursome black tea-blend. Promises to be popular in Summer. Michael the chef says “Fruity! Nice with cold sandwiches and salads!”

# Teas



**Gunpowder Green Tea:** Special Gunpowder so says the packaging! A wonderful green tea that is more of a subtle taste incident rather than some kind of explosion as the name suggests!

**Earl Grey:** Flavoured with Bergamot oil and compliments scones!

**Lady Jane Grey:** Early Grey but with a lovely subtle citrus flavour. Julie our old project manager says, “It’s a bit quirky!”

**Lavender Flowers:** Something a bit different to Chamomile to soothe and relax. Emily’s Mum says “Ooooh crikey!”

**Apple and Lemon Fruit Infusion:** Leave to infuse and be treated to a gorgeous, deep pink coloured infusion. Puts other fruit teas to shame!

**Assam:** A nice malty flavour and compliments breakfast foods.

**Ceylon:** Great with vegetables or chicken.

**White Tea:** Pleasant tasting and made with the unopened buds, if you like Green tea and give this a try! Best without milk.

**Chamomile Flowers:** Like the bags but just so, so much better. The flowers open up as it brews and the smell is incredible. A firm favourite of Emily’s after a stressful day.

**Peppermint:** Perfect for a queasy tummy and allegedly a natural pain reliever!

**Darjeeling:** The Champagne of teas! Not Cava either!

**Rose Congou:** Fabulous subtle Rose flavour, great with or without milk and nice with sweet stuff. Let it brew for 3-5 minutes.

**Apricot:** Lovely deep black tea infused with Apricot. Emily enjoys it mid morning.



**20% OFF**  
See inside  
for details



**THE**  
**TEA**  
**TROLLEY**

