



www.therealfoodkitchen.co.uk

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## Menu

Email. therealfoodkitchen@hotmail.co.uk

**Deliveries:** (Charged at 'Grab' price, no charge for delivery)

Please phone through orders for midday delivery by **10.30am**

Payment either by **cash** on delivery or by **debit/credit card** over the phone

All food items that can be delivered have '**Yes**' next to them

Hot Drinks	Sit In	Grab	Delivery	Cold Drinks	Sit In	Grab	Delivery
Caffe/Latte	£2.40	£2.40	No	Water	£1.25	£1.00	Yes
Amer	£2.20	£2.20	No	Orange/Apple Juice	£1.80	£1.60	No
Flat White	£2.20	£2.20	No	Luscombe	£2.20	£2.00	Yes
Espresso/Machiota	£1.80	£1.80	No	Smoothies	£2.95	£2.95	No
Mocha	£2.80	£2.80	No	Milk Shake	£3.00	£2.80	No
Hot Choc (Flakes)	£2.70	£2.70	No	Pelogrino	£1.45	£1.25	Yes
Tea	£1.80	£1.80	No	Coke	£1.25	£1.00	Yes
Speciality Tea	£1.95	£1.95	No	Coke Bottles	£1.70	£1.50	Yes
Pot of Tea For 1	£2.20	£2.20	No	Squash	£1.00	£1.00	No
Pot of Tea For 2	£3.90	£3.90	No	<b>Snacks</b>	<b>Sit In</b>	<b>Grab</b>	<b>Delivery</b>
Babychino	£1.00	£1.00	No	Confectionary/Nuts	£0.80	£0.80	Yes
Iced Coffee	£2.60	£2.60	No	Flap Jack	£1.80	£1.80	Yes
Speciality Tea	£1.95	£1.95	No	Crisps/Pretzels	£0.95	£0.95	Yes
<b>Extras</b>				Pretzels	£1.20	£1.20	Yes
Large/Syrup/Extra Shot	£0.40			Apple	£0.60	£0.60	Yes
Cream/Mellows/Flake	£0.40			Banana	£0.70	£0.70	Yes
<b>Breakfast/Snacks</b>	<b>Sit In</b>	<b>Grab</b>	<b>Delivery</b>	Orange	£0.80	£0.80	Yes
Bacon Roll	£3.75	£3.75	Yes	Cakes	Varies	Varies	Ask on day
Eggs on Toast	£3.80	£3.80	No	<b>Cold Sandwich</b>	<b>Sit In</b>	<b>Grab</b>	<b>Delivery</b>
Beans on Toast	£3.50	£3.50	No	Ham and Salad	£4.40	£3.20	Yes
Ham & Eggs on Toast	£4.80	£4.80	No	Ham and Cheese	£4.70	£3.30	Yes
Salmon & Eggs on Toast	£5.80	£5.80	No	Ham and Chutney	£4.70	£3.20	Yes
Salmon Bagel	£4.25	£4.25	Yes	Cheese & Caramalised Onion	£4.15	£3.10	Yes
Teacake and Butter	£1.80	£1.80	No	Cheese and Salad	£4.15	£3.15	Yes
Toast and Butter	£1.60	£1.60	No	Egg Mayo	£4.15	£3.15	Yes
Cereals and Milk	£1.80	£1.80	No	Tuna	£4.25	£3.25	Yes
<b>Extras</b>				Mackerel	£4.70	£3.70	Yes
Eggs	£0.75			Smoked Salmon	£5.20	£4.10	Yes
Jam/Nutella	£0.35			Chicken	£4.70	£3.70	Yes
				<i>Baguette</i>	<i>Add 30p</i>		
<b>Jackets</b>	<b>Sit In</b>	<b>Grab</b>	<b>Delivery</b>	Meal Deal (exc. Salmon)	£5.00	£5.00	Yes
Ham	£4.75	£4.75	Yes	Meal Deal Salmon	£5.50	£5.50	Yes
Salmon	£5.75	£5.75	Yes	<b>Open Sandwich</b>	<b>Sit In/Grab</b>	<b>Delivery</b>	
Cheese	£4.50	£4.50	Yes	Lemon & Garlic Chicken		£5.95	Yes
Cheese and Beans	£4.50	£4.50	Yes	Smoked Salmon, Lemon & Crème Fraiche		£5.95	Yes
Tuna	£4.75	£4.75	Yes	Prawn & Avocado		£5.95	Yes
Mackerel	£4.95	£4.95	Yes	Smoked Mackerel, Horseradish, Crème-Fraiche, Lemon & Spring Onion		£5.95	Yes
Chilli	£4.95	£4.95	Yes	<b>Salads</b>	<b>Sit In</b>	<b>Grab</b>	<b>Delivery</b>
<b>Hot Sandwiches</b>	<b>Sit in with side</b>	<b>Grab</b>	<b>Delivery</b>	Regular	£4.50	£3.70	Yes
Ham and Chutney	£4.90	£3.90	Yes	Large	£6.25	£5.50	Yes
Bacon	£3.75	£3.75	Yes	<b>Toppings</b>			
Falafel	£4.60	£3.90	Yes	Tuna	£1.25		
Mozzarella and Pesto	£4.80	£3.80	Yes	Mackerel	£1.25		
Cheese & Caramalised Onion	£4.25	£3.60	Yes	Smoked Salmon	£1.50		
				Chicken	£1.50		
<b>Other Yummy Things</b>	<b>Sit In</b>	<b>Grab</b>	<b>Delivery</b>	Cheese	£0.75		
Cornish Pasty	£4.35	£3.35	Yes	Feta	£0.85		
Hot Dog	£4.50	£2.90	Yes	Mozzarella	£0.95		
Chilli Dog	£4.90	£3.90	Yes	Falafel	£1.10		
Ploughman's	£6.95	£6.95	Yes				

\* **Meal Deal:** Cold Sandwich, Crisps, Cake Bite or Fruit and Still or Sparkling Water

\* **Ploughman's:** Cheese/Devon Ham/Smoked Mackerel, Chutney, Pickled Onions & Gerkins, Crusty Bread and Salads