

# Main Menu

## Soup of the day (ve)

£5.00

Served with your choice of white or malted bloomer bread or warm ciabatta

## Mediterranean Vegetable Pitta (v)

£6.50

Filled with lettuce and Tzatziki sauce, served with a seasonal side salad

## Cod Goujon Ciabatta

£8.00

Toasted ciabatta dressed with tartare sauce, served with potato wedges and seasonal side salad

## Jacket Potato (ve)

£6.50

Served with a seasonal side salad and homemade coleslaw

### Choose your toppings:

Baked Beans (ve), Cheese (v),  
Vegan Cheese (ve), Tuna  
Mayonnaise

## Pizza Ciabatta (v)

£4.50

Ciabatta half topped with our homemade pizza sauce & mozzarella cheese

## Vegan Falafel Burger (ve)

Served in a warm bun with potato wedges and homemade coleslaw

£8.00

Add vegan cheese or cheese for 50p

## Attenborough Club Sandwich

£6.50

Turkey, bacon, mayo, tomato & mixed leaves

Served with crisps, homemade coleslaw and a seasonal side salad

**NEW**

## Ciabattas, Toasties & Sandwiches

Served with a seasonal side salad

Sandwich - white or malted bloomer bread

£4.50

Toastie - white or malted bloomer bread

£5.50

Toasted Ciabatta

£6.50

### Choose Filling:

Houmous, falafel & spinach (ve)

Cheese with tomato or red onion (v)

Cheese with red onion chutney (v)

Mozzarella, tomato & basil (v)

Tuna mayo with cheese or cucumber

Gammon ham with cheese

French brie with cranberry sauce & bacon

**Allergens and intolerances - Please speak to a member of staff**

(v) vegetarian option

(ve) vegan option

## Light Bites

**Toast (2 slices) / Toasted Teacake (ve)** £3.50

Served with a choice of:  
Butter, Strawberry Jam, Orange Marmalade or Honey

**Scrambled Egg with Roasted Tomatoes & Spinach (v)** £5.00

Served on slices of white or brown toast

**Choose your Bread:** £5.50

White Bloomer or Malted Bloomer  
Rustic Ciabatta  
Soft White Bap

**Choose your filling:**

- Smoked Back Bacon
- Lincolnshire Sausage

**Vegan Sausage Bap (ve)** £5.50

## Snacks

**Houmous Trio (ve)** £3.50

With toasted ciabatta slices

**Loaded Potato Wedges (v)** £4.50

Topped with nacho cheese sauce, sour cream and spring onions

Add bacon for an extra 50p

**Traditional Bruschetta (ve)** £5.00

Served on a toasted ciabatta slice and dressed with balsamic glaze

## Childrens Lunch Box

Includes a selection of choice from the following items:

Ham or Cheese Sandwich

Packet of Crisps

Small Biscuit Pack

Piece of Fruit

Juice Carton or Still Water

## About the Reserve

Attenborough Nature Reserve was established in 1966 and the Visitor Centre opened by Sir David Attenborough in 2004. The reserve is best known for its birds and is an important site for visiting winter wildfowl. In the spring and autumn many migrant birds pass through including a number of waders, and the site is an important breeding ground in the spring for many species including the common tern, great crested grebes, kingfishers, and many more.....

We thank you for spending time at Attenborough Nature Centre. Every purchase supports us in looking after our reserve.

## Hot Drinks

	Small	Regular	Large
Americano	*	£3.00	£3.50
Flat White	£3.00	*	*
Latte	*	£3.50	£4.00
Cappuccino	*	£3.50	£4.00
Long Black	£2.80	*	*
Macchiato/Cortado	£3.00	*	*
Mocha	*	£3.50	£4.00
Hot Chocolate	*	£3.50	£4.00
White Hot Chocolate	*	£3.50	£4.00
Babyccino	£1.50	*	*
Baby Hot Chocolate	£2.00	*	*
Tea		£3.00	
Speciality Tea		£3.00	
Espresso		£2.50	

## Cold Drinks

Iced Latte with syrup shot	£4.00
Iced Americano	£3.50
Iced Tea - Peach or Raspberry	£4.00
Strawberry Milkshake	£5.00

Please see the fridge for full selection of soft drinks available

### Drink Extras

Syrup Shot	£0.50
Squirty Cream	£0.50
Marshmallows	£0.50

### Alternative Milks

Almond	Soya
Coconut	Semi-skimmed
Oat	Skimmed

Available at no extra cost