



Lunch is available everyday from  
11.30am - 3.30pm

## SANDWICHES

All served with crisps & salad

EGG MAYONNAISE	£5.50
TUNA MAYONNAISE	£5.50
LOCALLY SOURCED HAM & TOMATO	£5.50
CHEDDAR & LOCAL CHUTNEY	£5.50
PREMIUM SANDWICHES:	
BACON, LETTUCE & TOMATO	£6.75
CHALK STREAM SMOKED TROUT <i>with cream cheese &amp; rocket</i>	£6.75
CHICKEN & AVOCADO	£6.75
CORONATION CHICKEN	£6.75

Gluten free options also available

## PANINIS

All served with crisps & salad

ROASTED MEDITERRANEAN VEGETABLES & PESTO	£5.95
BRIE & BACON	£6.25
GOATS CHEESE & ROASTED PEPPER	£5.95
MOZZARELLA, TOMATO & BASIL	£5.95
TUNA MELT	£5.95

Gluten free options available

## KIDS SANDWICHES

All served with crisps, cherry tomatoes & cucumber

EGG MAYONNAISE, HAM, CHEESE OR TUNA MAYONNAISE	£4.00
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Gluten free options available

## LIGHT LUNCHES

Please see our chalkboard

SOUP OF THE DAY & BREAD ROLL	£5.50
CHALK STREAM SMOKED TROUT PÂTE <i>served with toast and salad garnish</i>	£6.50
MABEL'S CLUB SALAD	£6.95

*chicken, avocado and bacon on a bed of leaves, with shaved parmesan*

Gluten free options available

## JACKET POTATOES

All served with salad

HOMEMADE CHILLI	£7.50
CORONATION CHICKEN	£7.50
TUNA MAJO	£6.95
HEINZ BAKED BEANS	£6.95
CHEDDAR CHEESE	£6.95

## BREAKFAST

Mon - Fri: 9-11am, Sat & Sun: 10-11am

BACON OR SAUSAGE SANDWICH	£4.00
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*add a fried egg £1*

HOMEMADE COURGETTE & POTATO ROSTI	£5.50
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*with poached eggs and bacon*

VEGAN VERSION:	£5.00
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HOMEMADE COURGETTE & POTATO ROSTI	
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*with roasted cherry tomatoes and mushrooms*

AVOCADO AND POACHED EGGS ON TOASTED SOURDOUGH	£6.00
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*add bacon £1, add smoked trout £2*

MABEL'S BREAKFAST	£6.95
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*1 sausage, 1 bacon, baked beans, roasted cherry tomatoes, chestnut mushrooms, 1 egg (poached, scrambled or fried) and your choice of white or granary toast*

MABEL'S MEGA BREAKFAST	£8.75
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*2 sausages, 2 bacon, baked beans, roasted cherry tomatoes, chestnut mushrooms, 2 eggs (poached, scrambled or fried) and your choice of white or granary toast*

## HOT DRINKS

	<i>Small</i>	<i>Large</i>
AMERICANO	£2.15	£2.35
CAPPUCCINO	£2.40	£2.75
LATTE	£2.40	£2.75
MOCHA	£2.60	£2.95
HOT CHOCOLATE	£2.30	£2.70
LUXURY HOT CHOCOLATE <i>with whipped cream &amp; marshmallows</i>		£3.25
CHAI LATTE	£2.60	£2.80
FLAT WHITE		£2.60
YORKSHIRE TEA (POT FOR 1)		£1.95
YORKSHIRE TEA (POT FOR 2)		£3.50
DORSET HERBAL TEAS (POT FOR 1)		£1.95
DOUBLE ESPRESSO		£2.30
SURUPS <i>caramel, hazelnut, vanilla</i>		£0.40
PLANT MILKS <i>soya, coconut and almond</i>		£0.40

## CREAM TEA

*Served between 2-4pm*

HOMEMADE FRUIT OR PLAIN SCONE, TEA/COFFEE, JAM AND CREAM	£5.50
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## KEEP IN TOUCH

WI-FI code: Mabels2017

MABELS@SHALLOWMEAD.COM

01590 675509

 MABELSCAFESHALLOWMEAD

 MABEL'S CAFE

 @SHALLOWMEAD



Mabel's  
Café

eat | drink | plant

*Please see our blackboard  
for our daily specials*