

BREAKFAST

Mon - Fri: 8.30-11am, Sat: 9-11am &
Sun: 10-11.30am

TEA CUP GRANOLA	£4.50
<i>Greek style yoghurt with Dorset cereals granola & fresh berries</i>	
BACON SANDWICH	£4.00
<i>Add a fried egg £1</i>	
BREAKFAST BAP	£5.50
<i>2 bacon, 1 sausage and a fried egg</i>	
HOMEMADE COURGETTE & POTATO ROSTI	£6.00
<i>with poached eggs and bacon</i>	
VEGAN VERSION:	£6.00
HOMEMADE COURGETTE & POTATO ROSTI	
<i>with roasted cherry tomatoes & pan fried mushrooms with parsley</i>	
AVOCADO AND POACHED EGGS ON TOASTED SOURDOUGH	£6.00
<i>Add bacon £1</i>	
MABEL'S BREAKFAST	£8.45
<i>Blackwater pork sausage, 2 bacon, Heinz baked beans, roasted cherry vine tomatoes, pan fried mushrooms, 1 egg (poached or fried) and your choice of white or granary toast</i>	
GRANARY OR WHITE TOAST (2 SLICES)	£1.75
<i>with marmite or jam</i>	
BAKED BEANS ON TOAST	£4.00
<i>2 slices of white or granary toast with Heinz baked beans</i>	

Lunch: 11.30am - 3.30pm, everyday

SANDWICHES

All served with crisps & salad

EGG MAYONNAISE	£5.75
TUNA MAYONNAISE	£6.75
HAM & TOMATO	£6.75
CHEDDAR & CHUTNEY	£5.75
BACON, LETTUCE & TOMATO	£6.75
PREMIUM SANDWICHES:	
<i>Served with homemade chunky coleslaw</i>	
SMOKED SALMON & CREAM CHEESE	£9.25
CHICKEN & AVOCADO	£9.25
CORONATION CHICKEN	£9.25

Gluten free options also available

PANINIS

All served with crisps & salad

ROASTED MEDITERRANEAN VEGETABLES & PESTO	£6.50
BRIE & BACON	£6.50
MOZZARELLA, TOMATO & BASIL	£6.50
TUNA MELT	£6.50
GOATS CHEESE & ROASTED PEPPER	£8.50

Gluten free options available

KIDS SANDWICHES

All served with crisps or cherry tomatoes & cucumber

EGG MAJO, HAM, CHEESE OR TUNA MAJO £4.95

Gluten free options available

LIGHT LUNCHES

Please also see our chalkboard

HOMEMADE SOUP OF THE DAY	£5.50
<i>with a granary bread roll</i>	
SAUSAGE SPECIAL	£8.50
<i>Blackwater pork sausages in a roll with salad, coleslaw, chutney & crisps</i>	
STICKY TOMATOES ON SOURDOUGH	£7.50
<i>Slow roasted cherry tomatoes baked with chilli & fresh ginger, served with smashed avocado on sourdough toast</i>	
TUNA, CHICKPEA AND TOMATO SALAD	£7.50
<i>Served on a bed of leaves</i>	
MABEL'S CLUB SALAD	£8.50
<i>Chicken, avocado & bacon on a bed of leaves, with shaved Grana Padano</i>	
JACKET POTATO WITH SALAD	FROM £6.95
<i>Heinz baked beans £6.95, Cheddar cheese £6.95, Homemade chilli £7.50, Tuna mayo £7.50 or Coronation chicken £9.95</i>	
<i>Add homemade chunky coleslaw £1</i>	
<i>Add beans or cheese £1.25</i>	

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 & 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

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 MABELSCAFESHALLOWMEAD

 MABEL'S CAFE

 @SHALLOWMEAD



Mabel's
Café

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*Please see our blackboard
for our daily specials*