



CAFÉ BAR MENU



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FOOD INTOLERANCE & ALLERGENS

Welcome to the Tynedale Terrace & Café Bar, we hope you are going to enjoy your dining experience with us. We take food allergens and intolerances very seriously and would ask you to notify our team of any special dietary requirements you may have prior to ordering.

We have listed the 14 most common allergens and numbered them 1 to 14 and created a key. On our menu there are numbers next to each dish showing what allergens may be present in that dish.

All our food is prepared in a kitchen where nuts, gluten and other known allergens maybe present. Please note we take caution to prevent cross-contamination, however, any product may contain traces as all menu items are produced in the same kitchen. Which is why it's important we talk to you and understand your diet or intolerance.

Thank you.

14 COMMON FOOD ALLERGENS KEY

- | | |
|--------------------|--------------------------------|
| 1 Celery | 8 Milk |
| 2 Cereals (Gluten) | 9 Mustard |
| 3 Crustaceans | 10 Nuts |
| 4 Eggs | 11 Peanuts |
| 5 Fish | 12 Sesame Seeds |
| 6 Lupin | 13 Soya |
| 7 Molluscs | 14 Sulphur Dioxide (Sulphites) |

(V) Vegetarian **(VG)** Vegan **(GF)** Gluten Free

OPEN DAILY FROM 10AM

HOT MEALS & LIGHT LUNCHES
SERVED FROM 12PM-2PM

SANDWICHES & LIGHTER BITES

Sandwiches and Lighter Bites served on a choice of bread with tossed mixed salad, balsamic dressing and a few chunky chips.

EGG & CRESS

with mayonnaise **2 4 9 13 14** £8.00

MATURE CHEDDAR & RED ONION **2 8 9 13 14** £8.00

HAM, TOMATO & ROCKET **2 9 13 14** £8.25

TUNA MAYONNAISE

with sliced cucumber..... **2 4 5 9 13 14** £8.50

ROAST BEEF, HORSERADISH & ROCKET

..... **2 4 9 13 14** £8.50

BACON & BRIE ON TOASTED CIABATTA

with garlic and herb butter **2 8 9 13 14** £9.75

CHICKEN, BACON, LETTUCE & TOMATO

on toasted ciabatta **2 9 13 14** £9.75

OPEN WELSH RAREBIT

topped with pancetta and mushrooms
on toasted granary **2 5 8 9 13 14** £9.75

OPEN PRAWN

with Marie Rose sauce **2 3 4 9 13 14** £10.25

SOUP

HOMEMADE SOUP OF THE DAY

with a warmed crusty ciabatta roll or bread & butter £8.00

MAIN COURSES

RACK OF BARBECUE RIBS

2 9 13 14

served with chunky chips and coleslaw Half £13.50
..... Full £17.50

TYNEDALE BURGER ON A BRIOCHE ROLL

served with fried onions, bacon, cheese,

chunky chips, coleslaw & garnish 2 4 8 9 14 £14.75

CHARGRILLED CHICKEN BURGER ON A BRIOCHE ROLL

served with bacon, cheese, chunky chips,

coleslaw & garnish 2 4 8 9 14 £14.75

TYNEDALE FISH & CHIPS

served with chunky chips, garden or mushy peas,

tartar sauce and garnish 2 5 9 14 £14.75

MOULES MARINIÈRE

Mussels cooked with garlic and white wine

and fresh cream served with a crispy ciabatta roll 2 7 8 9 14 £14.75

PAN FRIED TOFU (VG) OR GRIDDLED HALLOUMI (V)

served on a warm nutty salad

with balsamic dressing 8 9 10 13 14 £12.00

PRAWN EXTRAVAGANZA WITH TWO SAUCES

Plump Greenland prawns, crisp leaves with a delicious tomato & lime
mayonnaise and a traditional Marie Rose sauce,

served with bread and butter 3 9 10 13 14 £11.25

MIXED LEAF SALAD BOWL

with tomatoes, cucumber, red onion, beetroot,
olives, crispy croutons and grated parmesan.

Served with balsamic vinaigrette or Caesar dressing 2 8 9 14 £10.00

Add Griddled Chicken £3.00
Feta Cheese £2.00
Pan Fried Tofu (vg) £2.00
Griddled Halloumi (v) £2.00

FLAT BREAD PIZZAS

MARGHERITA 2 8 9 14 £10.75

HAM & PINEAPPLE 2 8 9 14 £11.75

CHORIZO & RED ONION 2 8 9 13 14 £11.75

TORTILLA WRAPS

(Gluten free wraps available)

PAN FRIED TOFU, SWEET PEPPERS & ONIONS

with olives and a little chilli sauce (vg) (v)..... £11.25

2 9 13 14

FAJITAS CHICKEN

with red onion and peppers £11.25

2 9 14

PAN FRIED STEAK & STILTON

with red onions and mushrooms..... £12.25

2 8 9 14

SIDE ORDERS

BOWL OF OLIVES £4.00

9

CHUNKY CHIPS £3.75

2

SWEET POTATO FRIES £4.25

2

GARLIC CIABATTA BREAD (2 slices) £4.00

2

GARLIC CIABATTA BREAD WITH CHEESE

(2 slices with cheese) £4.50

2 8

BREAD & BUTTER £1.50

2 8 13

CRISPS £1.20

CHILDREN'S MENU

All children's main meals can be served with baked beans, garden peas or salad and come with an orange or blackcurrant fruit shoot.

CHEESE SALAD £7.00

8 9

CHICKEN NUGGETS & CHIPS £7.00

2 9

FISH FINGERS & CHIPS £7.00

2 9

SAUSAGE & CHIPS £7.00

2 9 13

PARISELLA'S ICE CREAM

Parisella's ice cream tubs (2 scoops)

PARISELLA'S LUXURY VANILLA	£3.75
PARISELLA'S MINT CHOC CHIP	£3.75
PARISELLA'S FERRERO ROCHER	£3.75
PARISELLA'S AMARETTO & BLACK CHERRY	£3.75
PARISELLA'S STRAWBERRY	£3.75
PARISELLA'S RUM & RAISIN	£3.75
PARISELLA'S LEMON CHEESECAKE	£3.75
SWEDISH GLACE VEGAN VANILLA	£3.75

DESSERTS, CAKES & AFTERNOON TREATS

CAKE OF THE DAY

served with cream..... **2 4 8 13** £5.00

FRUIT SCONE WITH JAM & CREAM

served with fresh or clotted cream..... **4 8 10** £4.25

TWO SLICES OF SULTANA CAKE

..... **2 4 8** £3.50

TOASTED TEACAKE

..... **2 4 8** £3.25

WARM WAFFLE WITH BUTTERSCOTCH SAUCE

served with vanilla ice cream..... **2 4 8** £5.95

CHOCOLATE BROWNIE WITH CHOCOLATE SAUCE (GF)

served with vanilla ice cream..... **4 8** £5.95

CHILDREN'S DESSERT

ONE SCOOP OF ICE CREAM

with strawberry or chocolate sauce..... **8** £2.00

HOT DRINKS

TEA

POT OF TEA FOR ONE	£2.40
POT OF SPECIALITY TEA.....	£2.65

COFFEE

AMERICANO.....(7oz) £2.90	(15oz) £3.70
FLAT WHITE.....	(7oz) £2.95
CAFE LATTE.....	£3.45
ICED LATTE.....	£3.55
CAPPUCCINO.....	(7oz) £2.95 (15oz) £3.85
BABYCCINO.....	£1.00
ESPRESSO.....	£2.50
MACCHIATO.....	£2.65
MOCHA.....	£3.75
MOCHA WITH CREAM.....	£3.95
HORLICKS.....	£3.50
HOT CHOCOLATE.....	£3.50
HOT CHOCOLATE WITH CREAM.....	£3.75

SYRUPS

HAZELNUT, CARAMEL OR VANILLA.....	£0.50
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HOW TO ORDER

OUR STAFF WILL COME TO YOUR TABLE TO TAKE
YOUR ORDER AND PAYMENT.

ONCE PREPARED YOUR ORDER WILL BE BROUGHT
TO YOUR TABLE.

ALL OUR MEALS ARE COOKED TO ORDER;
there may be a delay during busy times.



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