

# UPFRONT KITCHEN

Serving vegetarian food with passion since 1997

## HOT DRINKS

**Artisan coffee produced & roasted by Duffins Coffee of Stavely - Kendal**

DOUBLE ESPRESSO -	£3.00
AMERICANO -	with milk + 20p £3.25
FLAT WHITE -	£3.60
CAPPUCCINO -	£3.80
LATTE -	£3.80
CAFETIERE -	x 1 £3.50 / x 2 £6.50
MOCHACCINO	add cream + 50p £3.95
POT OF TEA	£2.85
HERBAL & SPECIALITY (see counter for option)	£3.00
STANDARD HOT CHOCOLATE	£3.80
SPECIALITY BELGIAN HOT CHOCOLATE (VG)	£4.20

**SOFT DRINKS** (see fridge for availability)

PRESSE	£3.20
FENTIMANS	£3.60
CAWSTON PRESS CAN	£2.60
KARMA CANS	£2.80
ORANGE or APPLE JUICE	£1.60
KIDS JUICE CARTON / Apple or Orange	£1.00

## ALCOHOLIC DRINKS

LAGER - BIRRA MORETTI - 330ml	£4.20
CIDER - 500ml	£4.80
ALE - LOCALLY BREWED - 500ml	£5.00
WINE - SMALL BOTTLE - Red, White, Rose 187ml	£6.00
WINE - LARGE BOTTLE - Red or White	£15.00

## CAKES - TRAYBAKES - SCONES

See counter for options

£2.95 to £5.50

**TURN THE PAGE FOR FOOD OPTIONS**

## BREAKFAST

Served until 11:30am

<b>UPFRONT VEGETARIAN BREAKFAST</b>	£11
Veggie sausages, beans, hasbrowns, tomato, fried egg, mushroom served with toast	
<b>OMELETTE</b>	£9.95
Cheddar, red onion, tomatoes, mushrooms served with beans & toast	
<b>BREAKFAST FLATBREAD WRAP</b>	£10
Hashbrowns, sausages, fried egg, red onion & fresh tomato with garlic mayo	
<b>BRUSCHETTA</b>	£6.50
Fresh tomato salsa served on toasted dark rye bread	
<b>FRIED GARLIC MUSHROOMS</b>	£6.50
Served on toasted dark rye bread	
<b>BREAKFAST ROLL</b>	
Fried egg roll	£4.50
Veggie sausage	£5.00
Fried egg & veggie sausage	£5.50
Halloumi & tomato	£5.50
Add hashbrown	50p
<b>SCRAMBLED EGG ON TOAST</b>	£5.50
<b>BEANS ON TOAST</b>	£5.50
<b>TOASTED TEACAKE</b>	£3.20
<b>FRESH CROISSANT</b>	£2.90
<b>FRESHLY MADE SCONE OF THE DAY</b>	£3.80
Add jam	50p
Add cream	50p

**PLEASE TURN OVER FOR LUNCH & OTHER OPTIONS**

# LUNCH

<b>SOUP</b> of the day served with bread (GF Available)	£6.50
<b>SANDWHICH</b> (White or malted bloomer with side salad & crisps) + soup £4	£8.50
Brie, apple & walnut Cheddar cheese & cumberland chutney Cream cheese, sliced beetroots & rocket Goats cheese, caramelised red onion chutney & rocket Hummus, tomato, green leaves grated carrot (VG)	
<b>PANINI</b> toasted ciabatta with house salad + soup £4	£9.95
Cheddar, tomato & pesto Brie & cranberry Roasted vegetables & hummus (VG) Goats cheese & caramelised onion chutney	
<b>JACKET POTATO</b> served with house salad (GF available)	£10.50
Brie & cranberry Cheddar & cumberland chutney Roasted vegetables & hummus (VG) Beans & cheese	
<b>OMELETTE</b> free range eggs served with house salads	£11.00
Cheddar, red onion, tomato & mushroom (GF available) add Chips + £2.50	
<b>FLATBREAD WRAP</b> served with house salads	£12.50
Falafel, halloumi, red onion, homemade garlic sauce, gherkins & hummus add Chips + £2.50	
<b>A BOWL OF SOMETHING HOT</b> (see specials board)	£13.50
<b>VEGGIE BURGER</b> served a side of slaw & chips + cheese 50p	£14.00
wholegrain mustard, caramelised red onion chutney, green leaves, fresh tomato	
<b>UPFRONT HOUSE SALAD</b> (GF & VG options available)	£12.50
Served with mixed leaves, slaw, a selection of house salads & bread	
<b>QUICHE OF THE DAY</b> (see specials board) + Chips £2.50	£13.50
Served with house salads	
<b>HOMITY PIE</b> served with house salads	£15.00

**VG = Vegan**

**GF = Gluten Free**

Please let us know if you have any allergies or dietary requirements before ordering

**PLEASE TURN OVER FOR SPECIALS, SIDES & DESSERTS**

## PLEASE VIEW SPECIALS BOARD FOR WEEKLY LUNCH & DESSERT OPTIONS

### SIDES DISHES

CHIPS	£4.50
MIXED OLIVES	£3.00
HALLOUMI FRIES SERVED WITH SWEET CHILLI SAUCE	£4.50
ADD EXTRA SALADS	£2.50

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### DESSERTS

(GF & VG available)

<b>FRUIT CRUMBLE</b> served with ice cream, cream or custard (V) OPTION ON SPECIALS BOARD	£6.60
<b>STICKY TOFFEE PUDDING</b> served with ice cream, cream or custard	£6.50
<b>ICE CREAM SUNDAE</b> Vanilla ice cream, chocolate sauce & salted peanuts with cream Amaretto biscuits, espresso, amaretto liqueur with vanilla ice cream & cream	£6.50 £8.00
<b>WARM CHOCOLATE CAKE</b> served with ice cream, cream or custard	£6.20
<b>VANILLA ICE CREAM</b> add chocolate or strawberry sauce	£4.00
<b>SORBET</b> (Dairy Free) - 3 Scoops (Ask for options)	£4.00

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## KIDS MENU

<b>VEGGIE SAUSAGE, BEANS &amp; CHIPS</b>	£6.50
<b>JACKET POTATO BEANS &amp; CHEESE</b>	£6.50
<b>CHEESE OR JAM SANDWHICH SERVED CRIPS &amp; FROZEN YOGHURT STICK</b>	£6.00
<b>CHEESE OMELETTE SERVED WITH 1 PIECE OF TOAST &amp; BEANS</b>	£6.50
<b>BEANS ON TOAST SERVED WITH 2 PIECES OF TOAST</b>	£5.25
<b>TOASTED CHEESE PANINI SERVED WITH READY SALTED CRISPS</b>	£6.50
<b>TOASTED CHEESE SANDWHICH SERVED WITH READY SALTED CRISPS</b>	£6.00
<b>CHIPS</b>	£4.50
<b>CHEESY CHIPS</b>	£5.00

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### KIDS DESSERT

<b>VANILLA ICE CREAM WITH CHOCOLATE OR STRAWBERRY SAUCE</b>	£1.60
<b>LAKES ICE CREAM TUB</b> check freezer for flavours	£2.40
<b>WARM CHOCOLATE CAKE</b> served with cream or ice cream	£6.20
<b>VANILLA &amp; CHOCOLATE ICE CREAM SUNDAE</b> served with cream	£5.50

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**PLEASE TURN OVER FOR MORE INFORMATION ABOUT UPFRONT & EVENTS**

Are you looking for a nice gift or a way to spend your afternoon with a loved one why not book into to Upfront for an afternoon tea.



## AFTERNOON TEA

£21 pp

A selection of sandwiches, cakes with freshly made scones with jam & cream

**BOOKING ESSENTIAL**

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# UPFRONT

**KITCHEN & CATERING**

BUFFET FOR ALL OCCASIONS  
READY MEALS TO GO  
OUTDOOR CATERING

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VENUE FOR HIRE  
WEDDINGS  
MUSIC EVENTS

**ACCOMODATION**

SAUNA HIRE  
HOLIDAYS

**PUPPET THEATRE**

PERFORMANCE  
WORKSHOPS  
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**ENQUIRE AT THE COUNTER**

**TEL: 01768484538**

**EMAIL: INFO@UP-FRONT.COM**

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