

## TOASTIES AND SANDWICHES

All our, toasties and sandwiches are freshly made to order. Brown bread. Served with a salad garnish.

TOASTIES £5.30 SANDWICHES £4.60

Choose one of the following fillings...

BACON	PHILADELPHIA CHEESE
TUNA MAYO	COLESLAW
HAND CARVED HAM	MARINATED PEPPERS & ONIONS
SALAMI	HUMMUS
CHICKEN (PLAIN)	PRAWNS 80p extra
EGG MAYONNAISE	SMOKED SALMON 80p extra
CHEDDAR CHEESE	
WEST COUNTRY BRIE	
FETA OR GOATS CHEESE	

CHUTNEY AND SAUCES 50P  
Devon Chutney or Cranberry Sauce.

\*ADD AN EXTRA FILLING FOR JUST £1

BUTTER IS ALWAYS USED UNLESS YOU REQUEST FLORA OR SOYA SPREAD

## OVEN BAKED JACKET POTATO

Our Jacket potatoes are locally sourced and oven baked. Served with a salad garnish.

WHOLE JACKET £5.80 HALF JACKET £4.80

Choose one of the following fillings...

BACON	COLESLAW
TUNA MAYO	MUSHROOMS
HAND CARVED HAM	HEINZ BAKED BEANS
SALAMI	MARINATED PEPPERS & ONIONS
CHICKEN (PLAIN)	HUMMUS
EGG MAYONNAISE	RATATOUILLE
CHEDDAR CHEESE	VEGETABLE CHILLI
WEST COUNTRY BRIE	PRAWNS MARIE ROSE 80p Extra
FETA OR GOATS CHEESE	SMOKED SALMON 80p Extra
PHILADELPHIA CHEESE	

CHUTNEY AND SAUCES 50P  
Devon Chutney or Cranberry Sauce.

\*ADD AN EXTRA FILLING FOR JUST £1

## DAILY OFFER

TOASTED FRUIT LOAF, SCONE OR CRUMPET AND A DRINK £3.60  
Served with a pot of tea or large filter coffee.

UPGRADE TO

LATTE OR CAPPUCCINO FOR 30P EXTRA OR A LARGE 80P EXTRA

## COFFEE

Sit back and enjoy one of our freshly made coffees. Decaf is available on most kinds, but please ask before ordering.

### LATTE

£2.35

### CAPPUCCINO

large £2.85 small £2.35

### AMERICANO

large £2.85 small £2.35

### MOCHACCINO

large £3.05 small £2.55

### ESPRESSO

large £2.40 small £1.99

### ICED COFFEE

£2.35

### FILTER COFFEE

large £1.99 small £1.89

### CAMP COFFEE

large £1.99 small £1.95

### CAMP COFFEE

large £1.99 small £1.95

## FRUIT SMOOTHIES

Try one of our delicious smoothies in a variety of flavours.

Choose from one of the following... £2.99

**STRAWBERRY DELIGHT**  
Peach, Papaya & Strawberries.

**RASPBERRY HEAVEN**  
Raspberries, Mango, Apple & Blueberries.

**MANGO DREAM**  
Mango & Pear.

### COLD DRINKS

We have a wide selection of cold drinks available in the drinks fridge.

## TEA AND OTHER DRINKS

Relax with a nice pot of tea, hot chocolate or milkshake.

### TEA (YORKSHIRE)

Pot for one £1.99

### HERBAL OR FRUIT

Pot for one £1.99

### NOVUS TEAS

Premium whole leaf tea in a silk pyramid bag. Herbal or Fruit available £1.99

### CADBURY'S HOT CHOCOLATE\*

All milk. £2.70 With cream. £3.15

### FRESH MILK **SOYA MILK AVAILABLE**

£1.00 Large

### HOT MILK **SOYA MILK AVAILABLE**

£1.20

### HOT BOILED WATER

large 60p small 50p

\*PLEASE ASK FOR Cadburys when ordering

## MILKSHAKES

Choose from for £2.10

**STRAWBERRY CHOCOLATE VANILLA BANANA**

**SOYA MILK AVAILABLE**

**CONTAINS MILK POWDER**

## JUICES

Quench your thirst with a fresh orange or apple juice.

**FRESHLY SQUEEZED ORANGE JUICE**

small £1.90 large £2.80

**CLOUDY APPLE JUICE**

small £1.40 large £2.30

**ORANGE JUICE**

small £1.40 large £2.30

The Country Table Café

ALL ITEMS AVAILABLE FOR TAKEAWAY EACH 10% CHEAPER

GLUTEN FREE MENU

GOOD WHOLESOME FOOD ALL ROUND!

## GLUTEN FREE AND VEGAN MENUS AVAILABLE

Welcome to The Country Table Café in Newton Abbot. We are a family run business and have been proudly serving our homemade food since March 1996. We pride ourselves on quality, quantity and value for money, along with old fashioned friendly service, to ensure that you have an enjoyable experience.

All our lunches, soups, bakes and most of our cakes are made on the premises using our own recipes and fresh local ingredients where possible. By using local produce and suppliers, we are doing our bit to help the local community and environment.

We have an extensive menu for gluten free and vegetarian diets. The largest in town. If you have any other dietary requirements please don't hesitate to inform a member of staff.

Karen, Alan & Staff

## GET INVOLVED

Tell us how you feel about our food and the service you have received...

Visit our website [www.thecountrytablecafe.co.uk](http://www.thecountrytablecafe.co.uk)

Find us on Facebook

Read our reviews on tripadvisor

PLEASE SEE OUR BLACKBOARDS FOR DAILY SPECIALS

## BREAKFAST FRESHLY COOKED, SERVED ALL DAY

Start the day off with one of our freshly cooked breakfasts.

### FRESHLY COOKED BREAKFAST (STANDARD) £6.05

2 rashers of back bacon, 1 local sausage, 1 local free range egg, Heinz baked beans, cooked fresh tomato and 1 slice of brown toast.

### FRESHLY COOKED BREAKFAST (LARGE) £8.05

3 rashers of back bacon, 2 local sausage, 1 local free range egg, Heinz baked beans, cooked fresh tomato and 2 slices of brown toast.

### FRESHLY COOKED BREAKFAST (VEGETARIAN) £6.05

2 rashers of vegetarian bacon, 1 sausage, 1 local free range egg, Heinz baked beans, cooked fresh tomato and 1 slice of brown toast.

### FLUFFY OMELETTES £4.10

A choice of 2 fillings.

### OMELETTES WITH GARNISH £4.90

Served with a salad garnish.

List of fillings at the counter.

ADD  
EXTRA  
MUSHROOMS  
FOR £1

BUTTER  
IS ALWAYS  
USED UNLESS  
YOU REQUEST  
FLORA  
OR SOYA  
SPREAD

## BREAKFAST SANDWICHES

Try one of our tasty breakfast sandwiches brown bread.

### BACON SANDWICH £4.20

Locally supplied bacon.

### SAUSAGE SANDWICH £4.20

Local sausages.

### FRIED EGG SANDWICH £4.20

Local free range eggs.

### 2 FILLING BREAKFAST SANDWICH £5.20

Your choice of 2 fillings.

## SNACKS

Fancy something simple, then try one of these delicious snacks. Served on brown bread.

### LOCALLY SMOKED SALMON WITH SCRAMBLED EGGS ON TOAST £6.10

Served on 2 slices of toast.

### TWO FREE RANGE EGGS ON TOAST £4.30

Fried, Poached or Scrambled. Served on 2 slices of toast.

### HEINZ BEANS ON TOAST £4.30

Served on 2 slices of toast.

### CHEESY TOPPED HEINZ BEANS ON TOAST £5.30

Served on 2 slices of toast.

### MUSHROOMS ON TOAST £4.30

Served on 2 slices of toast.

### TOAST £2.10

2 slices of toast.

### TWO CRUMPETS £2.10

### FRUIT LOAF £2.35

2 slices toasted.

### PRESERVES

Choose from Orange or Lime, Marmalade, Jam, Marmite or Honey 50p.

### PORRIDGE £2.35

Made with milk

### HOMEMADE SCONE £1.99

Cheese & herb scone.

## SAVOURY CREAM TEA

### SAVOURY CREAM TEA £4.60

Cheese scone, cream cheese, red onion, marmalade and a pot of tea or coffee.

## EGG STRA SPECIALS

### EGGS BENEDICT £5.60

2 crumpets, hand cut ham, 2 poached eggs and hollandaise sauce.

### EGGS ROYALE £6.10

2 crumpets, locally smoked salmon, 2 poached eggs and hollandaise sauce.

## MEAL DEALS

ALL  
£7.99

Our meal deals come with the offer of a selected drink for only £1.00 extra. Drink choices are; filter coffee, teas (any), orange juice or any selected drink from the drinks fridge.

### SOUP & SALAD (CHECK DAILY)

Soup and bread with a bowl of salad from our help yourself salad bar.

### SOUP & SANDWICH (CHECK DAILY)

Soup served with a one filling sandwich of your choice; see back page.

### SALAD & SANDWICH (CHECK DAILY)

A one filling sandwich of your choice; served with a bowl of salad from our help yourself salad bar; see back page for fillings.

## SALAD SELECTION

Our varying selection of speciality salads are made on the premises daily and are suitable for vegetarians.

### SPECIALITY SALAD BOWL £4.60

Help yourself from our salad bar, 1 visit only please. (Check Daily)

### INCLUDE ONE OF THE FOLLOWING £6.50

HAND CARVED HAM	CHEDDAR CHEESE
TUNA MAYO	WEST COUNTRY BRIE
CHICKEN (PLAIN)	MARINATED PEPPERS & ONIONS
EGG MAYO	
HUMMUS	

### INCLUDE PRAWNS OR SALMON £7.40

### DELI PLATE £7.99

Brie, cheddar, salami and ham with coleslaw, salad garnish, Devon chutney and bread.

### PLOUGHMAN'S LUNCH £7.50

Choose from Cheddar cheese, Westcountry Brie or hand carved ham. Accompanied with salad, our own coleslaw, pickled onions, devon chutney and an apple. Served with bread.

VEGAN &  
CHILDRENS  
MENU AVAILABLE  
PLEASE ASK

## DAILY SPECIAL

ALL  
£6.70

### HOMEMADE LUNCH OF THE DAY (CHECK DAILY)

Always vegetarian - see blackboards.

### HOT PULLED PORK

On a toasted bread with BBQ or apple sauce, salad garnish & homemade coleslaw.

### VEGETABLE CHILLI BOWL

Our own home made recipe served with bread and salad garnish.

A SALAD  
BOWL FROM  
OUR SALAD  
BAR £4.60

## CONTINENTAL SALAD SELECTION

Our delicious continental salads are perfect for a light lunch.

### GREEK SALAD £6.60

Lettuce, tomato, cucumber & red onion with marinated feta cheese, olives, lemon juice, olive oil and oregano. Served with a pitta.

### MEDITERRANEAN DIPPING PLATTER £6.60

Balsamic dipping oil, hummus, ham, olives, salami, salad garnish and bread for dipping.

### GREEK MEZE £6.60

Hummus, marinated feta cheese and olives. Served with a pitta and salad garnish.

### FALAFEL PLATE £6.60

Falafels, hummus and spicy red onion marmalade. Served with a pitta and salad garnish.

## QUICHE AND PIES

Try one of our tasty pies and quiches, they're delicious!

### HOMITY PIE £5.45

Made here and on display at the counter. Served with salad garnish.

### CARAMALISED RED ONION & GOATS CHEESE TART £5.45

Locally made, served with a salad garnish

## SOUP OF THE DAY

£5.10

Served with brown bread.

Our soup is home made and vegetarian using many of our own recipes. Please check daily.

## DIETRY REQUIREMENTS

If you have any dietary requirements please inform a member of staff when ordering

## SANDWICH & CRISP DEAL

DRINK  
INCLUDED

Freshly made one filling sandwich, crisps or fruit and a selected drink.

Drinks included are filter coffee, teas (any), orange juice, cloudy apple juice or any selected drink from the drinks fridge.

SEE BELOW FOR FILLINGS

£5.30

UPGRADE TO  
LATTE OR CAPPACINO  
FOR 30P EXTRA OR A LARGE  
80P EXTRA

## FILLINGS

Choose one of the following fillings...

TUNA MAYO	MARINATED PEPPERS & ONIONS
HAND CARVED HAM	MUSHROOMS
SALAMI	HUMMUS
CHICKEN (PLAIN)	COLESLAW
EGG MAYONNAISE	PHILADELPHIA CHEESE
CHEDDAR CHEESE	PRAWNS MARIE ROSE 80p extra
WEST COUNTRY BRIE	SMOKED SALMON 80p extra
FETA OR GOATS CHEESE	

CHUTNEY AND SAUCES 50P  
Devon Chutney or Cranberry Sauce