

# The Country Table Café

ALL  
ITEMS  
AVAILABLE  
FOR TAKEAWAY  
EACH 10%  
CHEAPER

# VEGAN MENU

GOOD WHOLESOME FOOD ALL ROUND!

## WELCOME

Welcome to The Country Table Café in Newton Abbot Hospital. 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.

Karen, Alan & Staff

PLEASE  
SEE OUR  
BLACKBOARDS  
FOR DAILY  
SPECIALS

## 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](https://www.tripadvisor.com)\*

## VEGAN BREAKFAST SNACKS

### BREAKFAST £6.05

Bacon, sausage, mushrooms, baked beans, tomatoes and 1 slice of toast.

### VEGAN BACON SANDWICH £4.20

### VEGAN SAUSAGE SANDWICH £4.20

### TWO FILLING BREAKFAST SANDWICH £5.20

### TOAST £2.10

2 slices, bread from our local baker.

### PRESERVES 50P

Marmalade, lime marmalade, jam or Marmite.

### TWO CRUMPETS £2.10

### HEINZ BAKED BEANS ON TOAST £4.30

Served on 2 slices of toast.

### FRESH COOKED TOMATOES ON TOAST £4.30

Served on 2 slices of toast.

### MUSHROOMS ON TOAST £4.30

Served on 2 slices of toasted bread.

### PORRIDGE £2.35

Made with soya milk or water.

PLEASE  
MAKE SURE  
YOU ASK  
FOR SOYA  
SPREAD

## SALAD SANDWICH

£3.10

Lettuce, tomato, red onion and cucumber.

## SALAD SELECTION

Our varying selection of speciality salads are made on the premises daily and are suitable for vegetarians. For gluten free or vegan salads please ask when ordering.

### SPECIALITY SALAD BOWL £4.60

Help yourself from our salad bar, 1 visit only please.

Include one of the following for £5.60

MARINATED  
PEPPERS  
& ONIONS

HUMMUS  
INCLUDE ONE

### PLOUGHMAN'S LUNCH £7.50

Hummus or marinated peppers and onions, pickled onions, Devon chutney, spicy red onion, marmalade, an apple, salad garnish. All served with a mixed grain wedge of bread.

## SANDWICHES AND TOASTIES

Granary, white or brown bread. Served with a salad garnish when you eat in. Please ask for soya spread

### SANDWICHES £4.60

### TOASTIES £5.30

Choose one of the following fillings...

VEGAN BACON

VEGAN SAUSAGES

MUSHROOMS

MARINATED

PEPPERS

& ONIONS

HUMMUS

### CHUTNEY AND SAUCES 50P

Tomato, Red Onion, Devon Chutney or Cranberry Sauce.

\*ADD AN EXTRA FILLING FOR JUST £1

PLEASE  
MAKE SURE  
YOU ASK  
FOR SOYA  
SPREAD

## SANDWICH & CRISP DEAL

£5.30

A one filling sandwich of your choice;

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

Choose one of the following fillings...

HUMMUS

MUSHROOMS

MARINATED

PEPPERS & ONIONS

DRINK  
INCLUDED

## OVEN BAKED JACKET POTATO

Our Jacket potatoes are locally sourced and oven baked. Served with a salad garnish when you eat in.

WHOLE £5.80 HALF £4.80

Choose one of the following fillings...

HEINZ BAKED BEANS

RATATOUILLE

HUMMUS

VEGETABLE CHILLI

VEGAN BACON

VEGAN SAUSAGES

MUSHROOMS

MARINATED PEPPERS  
& ONIONS

### CHUTNEY AND SAUCES 50P

Tomato, Red Onion, Devon Chutney or Cranberry Sauce.

\*ADD AN EXTRA FILLING FOR JUST £1

## DEALS

### SALAD AND SANDWICH DEAL £7.99

A one filling sandwich of your choice. Served with a bowl of salad from our help yourself salad bar.

### SOUP AND SANDWICH DEAL £7.99

Soup served with a one filling sandwich of your choice.

### SOUP AND SALAD DEAL £7.99

Soup and a mixed grain bread wedge served with a bowl of salad from our help yourself salad bar

ADD A  
SELECTED  
DRINK  
£1.00

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## CONTINENTAL SALAD SELECTION

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Our delicious continental salads are perfect for a light lunch. Please ask if you would like gluten free pittas.

### MEDITERRANEAN DIPPING PLATTER £6.60

Balsamic dipping oil, hummus, spicy red onion, marmalade, marinated peppers and onions, olives, salad garnish and bread for dipping.

### GREEK MEZE £6.60

Hummus, marinated peppers and onions, olives. Served with pitta bread and salad garnish.

### FALAFEL PLATE £6.60

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

### VEGETABLE CHILLI BOWL £6.60

Our own homemade recipe served with bread and salad garnish.

BRING YOUR  
CUP BACK FOR A  
REDUCED PRICE  
REFILL

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## TEA, COFFEE AND OTHER DRINKS

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

### TEA (YORKSHIRE)

Pot for one £1.99

### NOVUS TEA INFUSIONS

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

### 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

### FILTER COFFEE

large £1.99 small £1.89

### INSTANT COFFEE

large £1.99 small £1.95

### LUXURY HOT

### CHOCOLATE

£2.70

### HOT MILK

SOYA MILK AVAIL

£1.20

### HOT BOILED WATER

60p Large 50p Small

### FRESH MILK

SOYA MILK AVAIL

£1.00 Large