

## MEL'S CAFE



Opening Hours  
Monday ~ Saturday  
07:00 to 15:00

Seedbed Centre ~ Davidson Way  
Unit C8 ~ Romford ~ RM7 0AZ  
01708 726666

## BREAKFASTS

### CREATE YOUR OWN BREAKFAST

2 Slices of Bread	1.00
2 Slices of Toast	1.20
2 Slices of Toast with Jam or Marmalade	2.00
2 Slices of Fried Bread	1.20
Bacon	1.80
Beans	1.40
Beefburger	1.50
Black Pudding	1.40
Bubble	1.50
Butter Roll	0.70
Chips	2.30
Cheesy Chips	3.50
Egg ~ Fried	1.20
Egg ~ Boiled	1.20
Egg ~ Poached	1.40
Egg ~ Scrambled (2)	2.00
Halloumi Cheese	3.50
Hash Browns (2)	1.40
Mushroom	1.50
Onions ~ Fried	1.00
Peas	1.00
Sausage	1.30
Tomatoes ~ Grilled	1.40
Tomatoes ~ Tinned	1.50
Side Salad	3.00

## BREAKFAST SETS



ONLY ONE ITEM IS ALLOWED TO BE CHANGED

### SET BREAKFASTS 1

6.00  
2 Eggs, Bacon, Sausage, Beans  
2 Toasts with only Tea or Coffee

### SET BREAKFASTS 2

6.50  
Egg, Bacon, Sausage, Beans, Hash Brown  
2 Toasts with only Tea or Coffee

### SET BREAKFASTS 3

6.80  
Egg, Bacon, Sausage, Mushroom, Tomato, Bubble  
2 Toasts with only Tea or Coffee

### SET BREAKFASTS 4

7.00  
Egg, Bacon, Sausage, Beans  
Black Pudding, Bubble, Fried Slice  
2 Toasts with only Tea or Coffee

### SET BREAKFASTS 5

7.50  
Egg, Bacon, Sausage, Beans, Mushroom, Chips, Tomatoes  
2 Toasts with only Tea or Coffee

### FULL BREAKFASTS

7.80  
Egg, Bacon, Sausage, Mushroom, Beans, Bubble, Tomatoes  
2 Toasts with only Tea or Coffee

### VEGETARIAN BREAKFASTS

6.80  
Mushroom, Tomatoes, Bubble, Beans, Egg, Veg. Sausage  
2 Toasts with only Tea or Coffee

## OMELETTES

All Omelettes are served with Chips and Salad or Beans

Any extra filling - 80p

Plain	4.50
Cheese	5.50
Tomato	5.50
Ham	5.50
Mushroom	5.50
Bacon	6.00
Spinach	6.80
Spinach, Tomato, Cheese & Onion	7.60



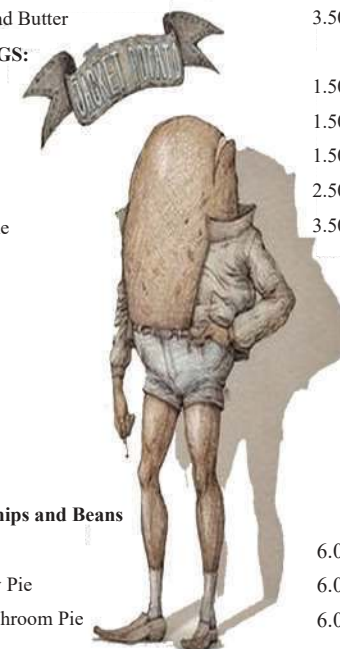
## JACKET POTATOES

All Jacket Potatoes are served with Salad

Jacket Potato and Butter 3.50

### ADD TOPPINGS:

Beans	1.50
Cheese	1.50
Coleslaw	1.50
Tuna	2.50
Chilli Con Carne	3.50



## PIES

Served with Chips and Beans

Mince Beef Pie	6.00
Steak & Kidney Pie	6.00
Chicken & Mushroom Pie	6.00



## BURGERS

Add Cheese to your burger for 0.30

Beefburger	2.00
1/4 Pounder	3.50
1/2 Pounder	4.60
Chicken Burger	4.00
Eggburger	2.80
6 Chicken Nuggets	3.00
4 Fish Fingers (ON IT'S OWN)	2.60

MEL'S Special Burger  
(1/2 Pounder, Double Cheese, Bacon, egg, fried onions, salad, chips!)



## KID'S MEALS

Chicken Nuggets, Chips, Beans & O Juice	4.00
Beefburger, Chips, Beans & Orange Juice	4.00
Sausage, Chips, Beans & Orange Juice	4.00
4 Fish fingers, Chips, Beans & Orange Juice	4.00



## SALADS

Mixed Salad	7.20
Boiled Egg Salad	5.30
Cheddar Cheese Salad	5.50
Ham Salad	5.70
Tuna Salad	6.00
Chicken Salad	6.50

## LUNCHES

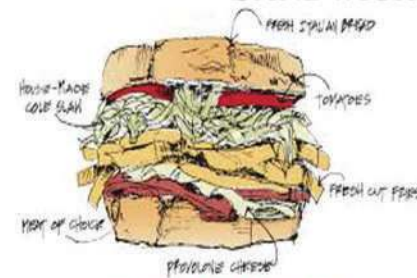


Mixed Grill	11.00
Egg, Bacon, Sausage, Tomato, Lamb Chops, Burger, Mushroom & Chips	
Liver, Mash, Bacon & Onion with gravy	6.50
Liver, Chips & Peas with gravy	6.00
Chicken Kiev, Chips & Salad	7.00
Chicken Grill, Chips & Salad	7.90
Lamb Chops, Chips & Salad	9.50
2 Sausage, Mash, Peas & Onion	6.50
Beefburger, Egg, Chips, Beans & Onion	6.00
Steak, Chips, Egg & Tomato	11.00
Steak, Chips, Mushroom & Onion	11.00
Scampi, Chips & Salad	7.50
Chicken Curry, Rice & Salad	7.00
Chilli Con Carne, Rice & Salad	7.00

### PROVIDED WITH CHIPS OR SALAD

Egg Benedict	7.60
Egg Royale	8.00
Egg Florentin	7.60
Falafel Wrap	5.20
Halloumi Wrap	6.50
Chicken Wrap Meal	7.00
Ham, 2 Eggs, Chips	5.70

## SANDWICHES



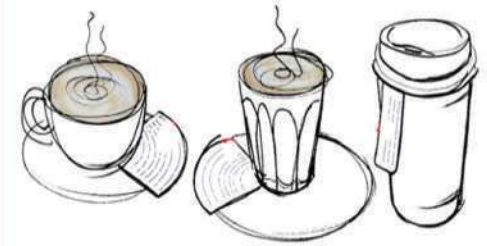
ANY EXTRA FILLINGS ~ 50P

SALAD (LETTUCE/TOMATO/CUCUMBER/ONION) ~ 30P

	ROLL	SW.	TOAST	BAG'T
BACON	2.90	3.20	3.40	4.00
Bacon & Egg	3.30	3.60	3.80	4.40
Bacon, Lettuce & Tomato	3.10	3.40	3.60	4.20
Bacon & Sausage	3.30	3.60	3.80	4.40
SAUSAGE	2.90	3.20	3.40	4.00
Sausage & Egg	3.30	3.60	3.80	4.40
Sausage & Onion	3.10	3.40	3.60	4.20
CHEESE	2.90	3.20	3.40	4.00
Cheese & Onion	3.10	3.40	3.60	4.20
Cheese & Ham	3.50	3.80	4.00	4.60
Cheese & Mushroom	3.50	3.80	4.00	4.60
HAM	3.10	3.40	3.60	4.20
Ham & Egg	3.50	3.80	4.00	4.60
TUNA FISH	3.10	3.40	3.60	4.20
Tuna & Onions	3.30	3.60	3.80	4.40
Tuna, Sweetcorn & Mayo	3.50	3.80	4.00	4.60
CHICKEN	3.10	3.40	3.60	4.20
Chicken with Coleslaw	3.30	3.60	3.80	4.40

EGG	2.90	3.20	3.40	4.00
Egg & Cheese	3.10	3.40	3.60	4.20
Egg & Mushroom	3.10	3.40	3.60	4.20

## DRINKS



### HOT DRINKS

Tea	1.20
Herbal Tea	1.50
Coffee	1.60
Hot Chocolate	2.50
Cappucino	2.50
Latte	2.50
Mocha	2.50
Espresso	2.00

### COLD DRINKS

Milk Shake	3.50
Glass of Milk	1.20
Canned Drinks	1.10
Orange Juice (Glass)	1.50
Apple Juice (Glass)	1.50
Ribena	1.00
Lucozade	1.30
Redbull	1.80
Spring Water	1.00

