

Please be patient...

All of our meals are made fresh to order

All Day Breakfast

All eggs are free range

Small Breakfast £4.50

Bacon, Sausage, Egg, Hash Brown, Beans, Toast or Fried Bread or Bread & Butter

Medium Breakfast £6.00

Bacon, 2 Sausage, Egg, Hash Brown, Beans, Tomato, Mushrooms, Toast or Fried Bread or Bread & Butter

Large Breakfast £7.00

2 Bacon, 2 Sausage, 2 Eggs, 2 Hash Browns, Beans, Tomato, Mushrooms, Black Pudding, Toast or Fried Bread or Bread & Butter

Vegetarian Breakfast (v) £5.50

2 Eggs, 2 Hash Browns, Mushrooms, Beans, Tomato, Toast or Fried Bread or Bread & Butter

Add extra meal items only 50p each

Healthy Option Breakfast

£5.50

2 Slices of Bacon (With Fat cut off before cooking)

2 Poached Eggs, Boiled Mushrooms, Beans, Grilled Tomato, Wholemeal Toast

Build your Own Breakfast

1 Item	£0.90	6 Items	£5.00	11 Items	£7.40
2 Items	£1.80	7 Items	£5.50	12 Items	£7.80
3 Items	£2.70	8 Items	£6.00	13 Items	£8.00
4 Items	£3.60	9 Items	£6.50		
5 Items	£4.50	10 Items	£7.00		

(v) Scrambled eggs served on 2 toast £3.90

(v) 2 Poached egg served on 2 toast £3.90

Beans on One Toast £2.50

Beans on Two Toast £3.90

Cheese on One Toast £1.80

Cheese on Two Toast £3.00

Single Food Items

90p Each

Bacon, Sausage, Hash brown, Black pudding, Fried Bread

Egg, Mushrooms, Tomato, Beans, Toast, Cheese

Cafe Reflections

Menu

Omelettes

Single filling omelette with beans or side salad £4.50

Ham Omelette

Bacon Omelette

Cheese Omelette

Mushroom Omelette

Sausage Omelette

Add extra meal items only 50p each

Add fries for only £1 extra

Sandwiches, Baps & Soft Baguettes

Made fresh to order on white or wholemeal. Baps in white only

Sausage or Bacon or Fried Egg Sandwich £3.00

2 Fillings : £3.90 3 Fillings : £4.50

Fish Finger £3.90

(v) Egg Mayo £3.90

(v) Cheese, Tomato and Onion £3.90

B.L.T £3.90

Tuna Mayo £4.50

Spicy Cajun Chicken with Salad, Hot & Spicy Mayo £4.50

Thick Cut Ham with Salad £4.50

Bacon, Hashbrown & Cheese £4.50

Sausage, Hashbrown & Cheese £4.50

Panini's

All served with a Side Salad £4.90

Brie & Bacon

Ham, Pineapple & Mature Cheddar

Sausage, Fried Onions & Tomato Relish

(v) Mature Cheddar, Tomato and Onion

Tuna Mayo & Cheddar

Any Panini served with fries and Side Salad £5.90

Please ask a member of staff for any Information on allergens in our food



Find us on: www.facebook.com/CafeReflectionsSoton



Drinks Menu

Specialty Coffees

	Small	Large
Cappuccino	£2.20	£2.70
Americano	£1.80	£2.20
Latte	£2.20	£2.70
Iced Latte	£2.70	
Mocha	£2.40	£2.90
Espresso	£1.70	£2.00
Filter Coffee	£2.00	
Hot Chocolate	£2.20	£2.70

Add syrup, cream, marshmallows or extra shot for 30p
Tea

Yorkshire Tea. Cup or Mug	£1.50
Pot of Tea	£1.80
Herbal & Flavoured Teas	£1.70
Pot of Herbal Tea	£2.00

Milkshakes

All flavours £2.50
Aero mint, Crunchie, Banana and toffee
Strawberry, Banana, Toffee, Caramel, Chocolate

Canned Drinks

All flavours £1.20
Coke/Diet Coke, Pepsi/Diet Pepsi,
Caffine Free Diet Coke, Lucozade,
Lemonade, Dr Peper, Ginger Beer, Orange Tango

Soft Drinks

	Half Pint	Pint
Apple Juice	£1.40	£2.40
Orange Juice	£1.40	£2.40
Diet Cola	£1.20	£2.20
Cola	£1.20	£2.20
Lemonade	£1.20	£2.20
Cordials	90p	£1.50
Soda & Lime	60p	£1.00

Sparkling Water	£1.50
Still Water	£1.50
Fruit Shoot Orange / Blackcurrant	£1.00
J20	£2.50

Fully Licensed Bar

Bottled Beers

All £3.00 each
Varieties as stocked

Bottled Ales

All £3.50 each
Varieties as stocked

Spirits

Singles £3.50 25ml
Doubles £4.50 50ml

Canned Beers

All £3.00 each
Varieties as stocked

Bottled Ciders

All £3.50 each
Varieties as stocked

Wines by the Glass

All £3.80 each 175ml
Pinot Grigio, Rose & Red

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Jacket Potatoes

All served with a Side Salad

Cheese	£3.90
Beans	£3.90
Cheese & Beans	£4.50
Beef Chilli	£4.90
Brie & Bacon	£4.90
Tuna Mayo	£4.90
Sausage & Fried Onions	£4.90

Main Meals

Hunters Chicken £6.50

Served with Fries & Peas

Homemade Chilli £6.50

Served with Rice & Nacho's with Sour Cream

(v) Homemade Vegetable Lasagne £6.50

Served with Fries & a side salad

Scampi £6.50

Served with Fries & Peas

Salad Dishes

Chicken & Bacon Salad £5.90

Served with our House dressing

Tuna Salad £5.90

Served with our House dressing

Prawn Salad £5.90

Served with our House dressing

Children's Menu

All £3.90

Served with Fries and Beans, and a fruit shoot or squash

Chicken Breast Strips Meal

Beef Burger Meal served in a soft roll

Fish Fingers Meal

Sausage Meal

Cheese & Tomato Toastie Meal

Beef Burger Meals

6oz Aberdeen Angus beef burgers all served with fries & side salad

Double Up, Add an extra beef burger £1.00

The Classic £5.90

Aberdeen Angus Beef burger with lettuce, tomato & onion

BBQ Beef Melt £6.90

Classic Burger with bacon, cheese and BBQ sauce

Gourmet Burger £6.90

Classic Burger with bacon, onion rings (4) and cheese

Extra Items 50p Each

Bacon, Cheese, Onion Rings, Jalapeno's, Sausage, Hash brown

Chicken Burger Meals

All served with fries & side salad

Cajun Spiced £6.90

Succulent Chicken breast with tomato, lettuce & hot spicy mayo

BBQ Chicken Melt £6.90

Succulent Chicken Breast with Bacon, Cheese, tomato, lettuce and BBQ sauce

Vegetarian Burger Meals

All served with fries & side salad

(v) Homemade Classic £5.90

Homemade Vegetarian Burger with Lettuce & Tomato

(v) Homemade Spicy £5.90

Homemade Spicy Vegetarian Burger with Lettuce & Tomato & Spicy Mayo

Side Dishes

Fries £2.00

Cheesy Fries £2.90

Curly Fries £2.90

Sweet Potato Fries £3.50

Onion Rings (8) £2.50



Cafe Reflections

Menu

Desserts

Sticky Toffee Sponge £3.00

Served with Ice Cream or Custard

Deep Filled Apple Pie £3.00

Served with Ice Cream or Custard

Chocolate Fudge Cake £3.00

Served with Ice Cream or Custard

Soft Whippy Ice Cream £2.00

Served with sauce and a chocolate flake

Cakes & Snacks

Tea Cakes £1.50

Muffins £1.80

Double Chocolate, Blueberry, Cherry, Choc Chip

Millionaire Shortbread £1.60

Cakes - Slices £2.00

Cherry & Almond Slice, Belgian Chocolate Cake, Carrot Cake

Fresh Cake Wedges £2.70

Varieties as stocked

Please ask a member of staff for any
Information on allergens in our food

DON'T FORGET TO LOOK AT OUR SPECIALS!



Find us on: www.facebook.com/CafeReflectionsSoton



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