

## Treats

Gluten free cookies and cakes from £2.00

Toasted teacake £2.00

Suzie's Scone with jam and whipped cream £2.97

Banana split £3.70

Banana with 2 scoops of vanilla ice cream and cream, topped with strawberry and chocolate sauces and sprinkles

Ben's meringue £3.97

With strawberries and whipped cream, dusted with chocolate

Ice Cream

1 scoop in a cone or bowl £1.70

2 scoops in a cone or bowl £2.97

Ice Cream Sundaes £3.97



## Drinks

Soya milk available for all hot drinks

### Shakes

We are always creating new shake flavours, so suggest some others and we will give it a try!

**Your favourite chocolate bar £3.30**  
(Twix, Oreo, Mars Bar, Bounty, Mint Aero, Snickers, Crunchie biscuit, Daim Bar, Nutella) with ice cream and milk

**Strawberry or strawberry and banana £3.30**

**Coke float £3.30**

### Smoothies

**Just pure fruit & ice £3.30**

Banana, Strawberry or a mix of both

### Slushes

**Slushes £3.30**

### Cold Drinks

**Glass of cool, cold milk £1**

**Orange or apple juice £1.87**

**Cans of cold drinks £1.70**

Coke, Diet Coke, Fanta

**Sparkling and Still Water £1.60**

### Tea

Tea bags used for take out

**Best selling brews from the Brew Tea Co.**  
All whole leaf tea that tastes miles better than the dust in those little paper tea bags.

**English Breakfast £2.20**

The nation's favourite, made with lovely Assam tea, a little bit of tea from Sri Lanka and some tea from China.

**Earl Grey £2.20**

The quintessential British cuppa. Rolled Sri Lankan tea and natural Italian Bergamot oil with a little bit of orange peel and some calendula petal.

**Moroccan Mint £2.20**

Very refreshing with a little bit of green tea along with the dried peppermint for an extra bit of razzmatazz.

**Green tea £2.20**

Large leaf Chinese green tea is really simple and delicate. A splash of cold water is added before its brewed to stop it turning bitter.

**Fruit Punch £2.20**

A blend of hibiscus, strawberry, orange, lemongrass and apple. A spoonful of sugar is nice too.

**Chai Latte £2.20**

For comfort, energy and a dash of happiness. Served with frothy hot milk.

### Coffee

100% Arabica beans. Fabulous! Choose from skinny or full-on and also decaf

All large drinks +60p

Extra shot +50p

Add syrup +60p

**Americano £2.00**

**Cappuccino £2.20**

**Espresso £1.60**

**Latte £2.20**

**Macchiato £1.70**

**Mocha £2.30**

### Hot Chocolate

**Hot Chocolate Reg £2.40 Large £3.00**

This is just fabulous. Made with Van Houten's 50% chocolate, this is the creamiest, most chocolatey hot choc that we have ever, ever tasted!

**Deluxe Hot Chocolate Reg £2.90 Large £3.50**

With whipped cream and the softest marshmallows

All items available to take away



First Floor

**Ultimate Outdoors®**

Deepdale Retail Park, Preston

Please order at the counter.

Gluten-Free available.



Gluten-Free breads, pancakes, American pancakes, cakes, crisps, cookies, scones, Frank's bars and nuts available.

15% cadets, services and ex-services discount (on production of ID). 

15% student discount (on production of ID).

See our Grab and Go selection in the chilled cabinet.

See our Specials Board. Please order at the counter.



Opening Times:

Mon / Fri. 9am-8:30pm Sat. 9am-6:30pm Sun. 11am-4:30pm

## Breakfast

Served all day. Gluten-Free available.

### TIEC all the 2's Breakfast £4.97

2 poached eggs, 2 of Tom's sausages, 2 slices of grilled bacon and oodles of baked beans. 1 round of hand cut toast with butter and your choice of preserves. Add a glass of apple or orange juice +97p

### Veggie Breakfast £4.97

2 poached eggs, 2 veggie sausages, oodles of baked beans, roasted vegetables, 1 round of hand cut toast with butter and your choice of preserves.

### Skinny Breakfast £4.50

2 poached eggs, oodles of baked beans, 3 slices of grilled bacon (cut off your own fat!).

## Pancakes

See our main Pancake menu for our other delicious options

Pancake and Tom's sausages £3.97

Pancake and maple syrup £3.97

Pancake with bacon £3.97



## Lunch

### Interesting Salads

Poached chicken and strawberries with a balsamic glaze

#### Roasted vegetables

Roasted peppers, aubergines, onions, courgettes, tomatoes, olive oil and mixed herbs

#### TIEC Chicken Caesar salad

Chicken, croutons and Caesar dressing

#### Chicken and bacon salad

Chicken, bacon and balsamic glaze

American Pancake with bacon and maple syrup £4.97

Scrambled eggs with a choice of toast £3.97

2 Poached eggs with choice of toast £3.97

#### Eggs Benedict £4.30

2 poached eggs served on a toasted bagel drizzled with hollandaise sauce... with ham £5.30 or smoked salmon £6.30

#### Elliot's eggy bread £3.97

2 pieces dusted with icing sugar

Bacon or Tom's sausages on toast £3.30

*Bagels – see main Bagel menu for our delicious options*

#### Toast £1.90

2 slices of toast. Selection of white, brown or rye. Butter and choice of preserves

#### Porridge £2.10

with a choice of jam, syrup or honey

Extra portion of bacon, sausage, egg or baked beans +97p

#### Smoked salmon

Smoked salmon, cream cheese and balsamic glaze.

#### Alex's sunny tomato salad

2 boiled eggs, pine nuts, sultanas, onions, sun dried tomatoes, roasted peppers and garlic dressing

*All served with seasonal salad £6.27*

*Create your own salad from the Pick and Mix selection at the counter:*

2 salads £2.97

3 salads £3.97

Tuna with red onion, peppers, mayonnaise and melted Cheese £5.97

#### Pastrami £6.97

Served with dill pickle

Add a salad from the counter selection £1

## Scrumptious Sandwiches and Wraps

Baked locally, our breads are full of flavour and made with the finest French Mie Crème flour, fresh yeast, salt and water. No plastic bread here! And, yes, we have Gluten-Free bread too! So choose your bread - white or brown - or wrap and enjoy. Served with seasonal salad and tortilla chips.

Chicken and mayonnaise £5.97

Coronation chicken £5.97

Houmous & roasted vegetables £5.97

Egg mayonnaise £5.97

## Tempting Toasties and Perfect Paninis

All our Paninis and Toasties are freshly made and served with tortilla chips and salad garnish. Gluten-Free bread available.

**Paninis all at £5.97, Toasties all at £5.57**

Ham and Cheddar cheese  
Cheddar cheese and tomato  
Cheddar cheese and onion  
Chicken, Emmental cheese and pesto

Tuna and red onion melt  
Roasted vegetable, pesto and Emmental  
Meatballs and mozzarella cheese  
Meatfeast - bacon, sausage and cheese

Cheese  
Add a salad from the counter for a £1

## Bagels

Bagel toasted and buttered served with choice of preserves £2.27

Bagel with cream cheese £3.37

Bagel with egg mayonnaise and onion £5.27

Bagel with smoked salmon, scrambled egg, green pesto and pine nuts £6.30

Bagel with smoked salmon and cream cheese £5.47

## Baked Potatoes

Just butter and served with a salad garnish £4.37

Baked Potatoes with a choice of filling and served with a salad garnish £5.37

Tuna and red onion  
Grated cheese

Baked beans and cheese  
Chicken and bacon

Coronation chicken

## Soup

The Interesting Eating Company's Soooooop. Served with your choice of white, brown and Gluten-Free bread.

### Vicky's traditional chicken soup £4.97

One of our fabulous signature dishes! Our broth style soup is slowly cooked for hours to bring out the best of the chicken, with carrots, onions and dumplings.

See our Specials Board for Soup of the day

## Little Nibbles

Fruit Pot £1.25

Olives £2.27

Houmous and toast £2.97

Nachos with melted cheese £2.97

## Pancakes

### Savoury Pancakes

Gluten-Free available made to order, not available during busy periods.

Savoury all at £6.30

Chicken and creamy mushroom  
Ham and cheese  
Cheese

Roasted vegetables and sun-dried tomatoes  
Smoked salmon with rocket and cream cheese

### American Pancakes and Sweet Pancakes

Gluten-Free made to order, not available during busy periods.

Choose your Pancake and your topping - American Pancakes + 50p

Simply lemon and sugar £3.30

Maple syrup £3.97

with your choice of ice cream £4.30

Peanut butter £4.97

Ella's Nutella £4.97

Nutella and banana £4.97

Natasha's strawberry and banana £4.97

Francesca's strawberry and balsamic glaze £4.97

Banana and toffee £4.97

**Kids: decorate your own pancake! £3.97**

Get creative with a selection of children's favourite toppings and sauce of your choice

American Pancakes with bacon and maple syrup £4.97

## Children's Menu

One poached egg and soldiers £2.80

One slice of eggy bread £2.80

Half a sandwich £2.80

Ham, cheese, tuna, ham and cheese

Half a toastie £2.80

Ham, cheese, tuna, ham and cheese

Small pancake and sausage £2.80

Nachos £2.80

Houmous and toast £2.80

Banana on toast £2.80

Baked beans on toast £2.80

Babyccino 80p  
frothy milk with a dusting of chocolate

## Memories of Childhood

for kids of all ages! all at £2.80

Bring back those sweet memories with our sandwiches: banana and sugar, honey, strawberry jam, peanut butter or Nutella ..... on your choice of fresh bread