

## Breakfast

**Big breakfast** £4.50

Two sausages, two rashers of bacon, two fried eggs, baked beans, grilled tomatoes, mushrooms and toast

**Small breakfast** £3.50

One sausage, one rasher of bacon, one fried egg, baked beans, grilled tomatoes, mushrooms and toast

**On toast** £1.50

Choose from scrambled egg, poached egg, fried egg, grilled cheese or baked beans.

Our eggs are from local free range hens.

## Porridge

Hot porridge with honey £1.00

Add fruit compote, seeds or a banana for 50p

## Fish and chips for two

Two portions of our delicious beer battered fish with chips and peas for just £6 **every Monday**. Includes a free tea or coffee\*.

## Plates

See the blackboard for today's homemade special

### Omelettes

with one filling £2.00  
with two fillings £2.50

Choose from cheddar, mushrooms, onion, pepper and courgette.

**Ham, egg and chips**  
£3.00

**Sausage, egg and chips**  
£3.00

**Bacon, egg and chips**  
£3.00

**Cod in beer batter and chips**  
£3.95 - with peas or salad

**Scampi and chips**  
£3.95 - with peas or salad

**Gammon, chips and peas**  
£3.95 - with egg or pineapple

### Salads

Freshly prepared mixed leaves with a choice of:

Ham £2.00  
Cheese £2.00  
Prawn £2.50  
Chicken and bacon £2.50

## Soup

Homemade everyday - see blackboard for today's flavour

## Potatoes

### Jacket potatoes

with butter £2.50  
with one filling £3.00  
with two fillings £3.50

Choose from baked beans, tuna mayonnaise, chilli con carne, prawns marie rose or cheddar cheese.

### Chips

Bowl of chips £1.00  
Bowl of chips with cheese £1.50

## Sandwiches

### Sandwiches

Simple sandwiches £2.20  
Toasted Sandwich £2.50

### Baguettes

with one filling £2.50  
with two fillings £3.00  
with three fillings £3.50

## Children's menu

All items served with a free fresh fruit smoothie

**Stuff on toast** £1.50  
Scrambled eggs, beans or grilled cheese

**Chef's pasta** £2.00  
Ask at counter for today's choice

**Little jacket potatoes** £1.95  
Half a jacket potato with one filling and salad

**Small sandwiches** £1.50  
Cheese, tuna or ham with salad on the side

**Small soup** £1.00  
Homemade vegetable soup and soldiers

**Lunch box** £3.00

A box with crayons and a colouring-in book, a small sandwich, homemade flapjack, piece of fruit and a fairtrade carton of fruit juice.



**Café Sunlight is part of a social enterprise network that uses business to help change lives for the better.**

We support training, volunteering and vocational placements across our café network to develop a legacy of skills in our community.

We are proud to work with young people, adults with learning disabilities, ex-offenders and people at risk of exclusion.

Our award winning work is changing the way we look at business and its role as a tool for social change across the UK.

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**Café Sunlight Gillingham**  
Open Monday to Friday 9am to 4pm

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## Find us

We're just five minutes walk from Gillingham train station and high street and a ten minute walk from Medway Universities.

**Sunlight**  
Richmond Road  
Gillingham  
Kent ME7 1LX

01634 338616  
[www.cafesunlight.org.uk](http://www.cafesunlight.org.uk)



**Open for  
breakfast  
and lunch**

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**Monday to Friday  
9am to 4pm**

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A photograph of a stack of five sandwiches, each with different fillings like cheese, vegetables, and meats, stacked on a bed of fresh green and purple lettuce. A bright orange starburst graphic is overlaid on the bottom right of the image, containing the text 'new menu' in white, bold, lowercase letters.

**new  
menu**