

The SWALLOW Community Café @ The Hive



rood Menu

We serve food and drink from 8.45am - 3.30pm Monday, Tuesday, Wednesday, and Thursday.

We are happy to provide special menus for group bookings at very reasonable prices.

Please discuss your requirements with our team HIVE Mobile: 07834 598288

Or via the Swallow office on 01761 414034

If you have any allergies or intolerances to any food or drink items please inform our staff and we can let you know of our recipe ingredients.

We do have nuts in our kitchen

Daily Specials Available - please see board

SWALLOW Charity – Supporting teenagers and adults with learning disabilities www.swallowcharity.org

> VAT Number 465 9207 65 Registered Charity number 1045893

Breakfast and light bites		Jacket Potatoes		
Bacon or Sausage Sandwig	ch	£4.50	Served with side salad and but	ter
BLT	1000	£5.00	Plain	£6.10
Egg on Toast		£4.50	Cheese	£7.00
(poached,scrambled or fried)			Baked Beans	£7.00
Beans on Toast		£4.50	Tuna Mayonnaise	£7.00
Tea Cake		£2.15	Special	£7.00
Crumpet		£2.15	Please see specials board for details	
Toast		£1.35	Extras	
Extras		21.00	Bacon, Tuna	£0.90
Bacon		£0.90	Cheese, Baked Beans,	£0.60
Egg, Mushrooms, Tomato,		£0.60	Coleslaw, Mushrooms	20.00
Baked Beans		20.00		
Dakeu Dealis			Children's Menu	
Café Favou:	rites		Pitta pizza served with vege sticks	£1.60
Homemade soup of the da		£5.00	Please choose from Ham or cheese	
Served with bread and butter		25.00	and tomato	
Homemade quiche of the c		£7.55	Snacky Plate – vege sticks hummus,	£4.20
Served with salad, new potate			cheese, pitta, ham and fruit	
Traditional Ploughman's	oes and c	£8.30	Please choose from Ham or cheese	
Cheese, ham pickle/chutney,	calad and		Lunch Box - Sandwich, crisps,	£4.20
Vegetarian Ploughman's	Salau alik	£8.30	fruit juice or squash and cake	
Cheese, hummus, pickle/chu	tnov	20.50	Please choose from Ham, cheese,	
salad and bread	штеу,		tuna, marmite or jam	
Dish of the day		£8.30	Small portions of Café Favorites	£5.00
TO THE REPORT OF THE PROPERTY		20.50	are available	
Plased ead enamale nosin in	r detalle			
Please see specials board for	r details		Drinks Cakes and Sna	eke
Panini's/Sandwich		asties	Drinks, Cakes and Sna	
Panini's/Sandwich	.es/Toa		Americano	£2.80
Panini's/Sandwich Served with side salad	es/Toa and cole:	slaw	Americano Espresso	£2.80 £2.80
Panini's/Sandwich Served with side salad	es/Toa and coles Panini/ S		Americano Espresso Others	£2.80
Panini's/Sandwich Served with side salad	es/Toa and coles Panini/ S Toastie	slaw Sandwich	Americano Espresso Others Cappuccino . Latte . Mocha	£2.80 £2.80
Panini's/Sandwich Served with side salad a Cheese	es/Toa and coles Panini/ S Toastie £6.10	slaw Sandwich £5.50	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available	£2.80 £2.80 £3.15
Panini's/Sandwich Served with side salad a Cheese Ham	es/Toa and coles Panini/ S Toastie £6.10 £6.10	Sandwich £5.50 £5.50	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas	£2.80 £2.80
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60	£5.50 £5.50 £5.40	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile	£2.80 £2.80 £3.15
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos	£5.50 £5.50 £6.10	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint	£2.80 £2.80 £3.15
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60	£5.50 £5.50 £6.10 £6.10	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available	£2.80 £2.80 £3.15 £2.10
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise	and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60	£5.50 £5.50 £6.10 £6.10 £6.10	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate	£2.80 £2.80 £3.15 £2.10
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad	and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £6.60	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate	£2.80 £3.15 £2.10 £3.15 £3.70
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella	and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60	£5.50 £5.50 £6.10 £6.10 £6.10	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk	£2.80 £3.15 £3.15 £3.15 £3.70 £0.65
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto	and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80	£5.50 £5.50 £6.10 £6.10 £6.10 £6.10 £7.20	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45 £0.90
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80 £7.80	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton Bottled water – still	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45 £0.90 £1.45
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger Chicken and Bacon	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80 £7.80 £7.80	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20 £7.20	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45 £0.90
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger Chicken and Bacon Club	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80 £7.80 £7.80 £7.80 £8.10	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20 £7.20 £7.20 £7.60	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton Bottled water – still	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45 £0.90 £1.45
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger Chicken and Bacon Club (chicken, bacon, lettuce, toma)	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80 £7.80 £7.80 £7.80 £8.10	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20 £7.20 £7.20 £7.60	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton Bottled water – still Bottled drinks	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45 £0.90 £1.45 £2.80
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger Chicken and Bacon Club (chicken, bacon, lettuce, toma Special	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80 £7.80 £7.80 £7.80 £7.80 £1.80 £1.80 £1.80 £1.80 £1.80	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20 £7.20 £7.20 £7.60	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton Bottled water – still Bottled drinks Ice cream Milkshake	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45 £0.90 £1.45 £2.80
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger Chicken and Bacon Club (chicken, bacon, lettuce, toma Special Please see specials board for	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80 £7.80 £7.80 £7.80 £7.80 £1.80 £1.80 £1.80 £1.80 £1.80	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20 £7.20 £7.20 £7.60	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton Bottled water – still Bottled drinks Ice cream Milkshake Strawberry, Chocolate, Banana	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45 £0.90 £1.45 £2.80 £3.60
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger Chicken and Bacon Club (chicken, bacon, lettuce, toma Special Please see specials board fo	es/Toa and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £6.60 £7.80 £7.80 £7.80 £7.80 £7.80 £1.80 £1.80 £1.80 £1.80 £1.80	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20 £7.20 £7.20 £7.60 ayo)	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton Bottled water – still Bottled drinks Ice cream Milkshake Strawberry, Chocolate, Banana Freshly Made Smoothies Please see specials board for details	£2.80 £2.80 £3.15 £3.15 £3.15 £3.70 £0.65 £1.45 £0.90 £1.45 £2.80 £3.60
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger Chicken and Bacon Club (chicken, bacon, lettuce, toma Special Please see specials board for Extras Bacon, Ham, Tuna	and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £7.80 £7.80 £7.80 £7.80 £7.80 £7.80 £10 ato and m	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20 £7.20 £7.20 £7.20 £7.20 £7.20 £7.20	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton Bottled water – still Bottled drinks Ice cream Milkshake Strawberry, Chocolate, Banana Freshly Made Smoothies Please see specials board for details Cakes	£2.80 £2.80 £3.15 £2.10 £3.15 £3.70 £0.65 £1.45 £0.90 £1.45 £2.80 £3.60 £3.60
Panini's/Sandwich Served with side salad a Cheese Ham Tuna Melt (tuna, cheese, red onion and Tuna Mayonnaise Egg Mayonnaise Hummus and salad Chicken mozzarella and pesto Brie, Bacon and Cranberry Fish Finger Chicken and Bacon Club (chicken, bacon, lettuce, toma Special Please see specials board fo	and coles Panini/ S Toastie £6.10 £6.10 £6.60 jalapenos £6.60 £7.80 £7.80 £7.80 £7.80 £7.80 £7.80 £10 ato and m	£5.50 £5.50 £5.50 £6.10 £6.10 £6.10 £7.20 £7.20 £7.20 £7.20 £7.60 ayo)	Americano Espresso Others Cappuccino . Latte . Mocha Decaffeinated is available Quality Teas Everyday . Earl Grey . Chamomile Berry . Lemon & Ginger . Peppermint Decaffeinated is available Hot Chocolate Special Hot Chocolate Milk Cans Fruit Juice Carton Bottled water – still Bottled drinks Ice cream Milkshake Strawberry, Chocolate, Banana Freshly Made Smoothies Please see specials board for details	£2.80 £2.80 £3.15 £3.15 £3.15 £3.70 £0.65 £1.45 £0.90 £1.45 £2.80 £3.60

All sandwiches are served with a choice of white or wholemeal bread Gluten free bread is available on request