



## THE DRINKS

Drinking is important, whether it be for socialising, pepping you up in the morning, or just quenching your thirst, we all need to drink. Here is a list of drinks you can buy from us. From coffee / tea (we only use organic milk, and have soy milk if you prefer) / smoothies / pops / wines / beers, we have something (we hope) for everyone. Everything is available from 8am (we don't recommend beer that early though) until we close, to go or to stay.

## SWEET THINGS, BITS & BOBS

(from 8am, until we close)\*

FOOD TO GO

### CAKES ETC from 50p / 75p (in)

There is always a selection of tasty cakes, muffins & snacks available from the counter of fridge; this is just a handful of those you might see

### ORGANIC OAT & SULTANA COOKIE (v n)

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### HOMEMADE VALHRONA CHOCOLATE BROWNIE

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### WHEAT FREE HAZELNUT & ORANGE CHOCOLATE BROWNIE (v wf n)

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### PEGAN PIE (v n)

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### LITTLE BAG OF FRUIT & NUTS (v wf n)

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### PIECES OF FRESH FRUIT (vg wf)

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DRINKS TO GO

## HOT DRINKS (from 8am, until we close)

### FAIRTRADE COFFEE

from £1.30 / £1.50 (in) (v wf)

Filter, latte, cappuccino, espresso are all available to go or to stay in various sizes;

### SINGLE (espresso)

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### DOUBLE (espresso)

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### REGULAR (latte, filter or cappuccino)

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### LARGE (latte, filter or cappuccino)

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All our coffees are made with organic milk (or soy milk for 30p extra)

### CLIPPER TEAS

from £1.30 / £1.50 (in) (vg wf)

We stock a wide variety of these lovely organic, and fairtrade teas, just ask at the counter, available in;

### POT FOR ONE/LARGE CUP

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### HOT CHOCOLATE from £1.80 / £2.00 (in) (v wf)

Using real Valhrona dark chocolate, shaved into steamed organic milk (soy milk an extra 30p), again available in;

### REGULAR

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### LARGE

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DRINKS TO GO

## COLD DRINKS (from 8am, until we close)\*

### SUPER SMOOTHIES, PACKED FULL OF GOODNESS from £2.50 / £3.00 (in)

We always have special smoothies available (they're on the blackboards with all the other specials), but here are some we will always make for you;

### BREAKFAST

Fresh orange juice, banana, strawberries, organic yoghurt, honey & porridge oats (v wf)

### TROPICAL FRUITS

Fresh orange juice blended with pineapple, banana & Mango (vg wf)

### THE ZINGER

Pineapple, lemon, orange & grapes, topped up with fresh juice (vg wf)

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## FRUIT JUICES

(from 8am, until we close)\*

### FRESHLY SQUEEZED ORANGE JUICE

£1.80 / £2.00 (in) (vg wf)

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### INNOCENT SMOOTHIES & FRUIT WATERS

from £2.00 / £2.25 (in) (vg wf)

DRINKS TO GO

## SOFT DRINKS & POPS

(from 8am, until we close)\*

Our fridges are full of nice healthy foodstuffs, plus we have a full range of smoothies & the like available, but what if you want a good-old fashioned drink of pop or some plain water?

### FENTIMAN'S £1.80 / £2.00 (in) (vg wf)

Victorian Lemonade, ginger beer, dandelion & burdock

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### SAN PELLGRINO £1.00 / £1.20 (in) (v wf)

Limonata, Aranciata

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### BELU STILL & SPARKLING WATER

from £1.20 / £1.40 (in) (vg wf)

The Uk's first carbon neutral bottled water

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### PURDEYS £1.80 / £2.00 (in) (vg wf)

Bringer of life, patron saint of hangover cures. Genius in a glass bottle

## WHITE WINES

(from 11am, until we close)\*\*

DRINKS TO STAY

### ST ETALON SAUVIGNON BLANC 2007

Languedoc-Roussillon, France

Fresh clean and crisp

£3.60 glass / £15.00 bottle

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### FIREFINCH SAUVIGNON BLANC 2007

Robertson, South Africa

This is a wine with powerful tropical fruit flavours, full of ripe richness

£4.50 glass / £18.00 bottle

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## RED WINES

(from 11am, until we close)\*\*

DRINKS TO STAY

### SAINT ETALON MERLOT 2007

Languedoc-Roussillon, France.

Juicy, fruity and French

£3.60 glass / £15.00 bottle

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### LIBERTAD MALBEC 2006

Argentina

Full and rich with concentrated strawberry fruit flavour

£4.50 glass / £18.90 bottle

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(from 11am, until we close)\*\*

Little bottles £3.30

**CRUZCAMPO** - Spain

**PERONI** - Italy

**CORONA** - Mexico

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Fruit based £3.60

**DUNKERTON'S**

**ORGANIC CIDER**

England

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BOTTLED



BEERS

DRINKS TO STAY



The Social opens at 8am every morning, serving lovely breakfast foodstuffs such as porridge /cereals /bacon sandwiches /fruit smoothies, all to go and to stay. We are open right the way through until 6pm every evening, serving daytime food from 11am, with a wide variety of snacks /soups /salads /sandwiches /hot meals on offer; again either to go, or to stay. We are proud of what we serve and endeavour to make sure we serve only the good things in life; we only use organic milk in our porridge, buying from the best & most sustainable suppliers we can. All of our packaging is supplied by our friends at London Bio-packaging (www.londonbiopackaging.com), so it's kind to the planet too!

## BREAKFAST

(from 8am, until we run out...)\*



**ORGANIC PORRIDGE** £2.00 / £2.20 (in)  
Pots of warming oats served from our counter, with;

**MAPLE SYRUP & PECAN NUTS** (v wf n)

**CHOPPED FAIRTRADE BANANA** (v wf)

**ORGANIC VALHRONA CHOCOLATE** (v wf)

**BREAKFAST SANDWICHES** £2.00 / £2.20 (in)

- Grab one from our fridge & we'll toast it at the counter, all served with our own tomato ketchup or (vegetarian) brown sauce

**DRY CURED BACON CIABATTA**

**CUMBERLAND SAUSAGE CIABATTA**

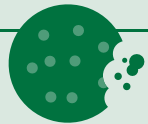
**OVEN ROASTED HERBED FIELD MUSHROOM, & VINE TOMATO CIABATTA** (v)

**PASTRIES** from £1.00 / £1.15 (in)

A choice of fresh, daily baked pastries including;

**CROSSANT / PAIN AU CHOCOLAT**

from £1.00 /  
£1.15 (in)  
A daily changing  
cornucopia of  
sweet  
confectionary



## MUFFINS, COOKIES AND CAKES



## YOGHURT AND FRUIT



from 1.75 / 2.00 (in)  
Little pots of breakfast goodness that are available straight from our fridges

**GRANOLA & STRAWBERRY COMPOTE, ORGANIC YOGHURT** (v n)

**SUPER FRUITS MIX / POMEGRANATE / BLUEBERRY / MANGO** (vg wf)

**ORGANIC HONEY & YOGHURT WITH PUMPKIN SEEDS & SLICED FIG** (v wf n)

## BREAKFAST

(from 8am, until we run out...)\*



**SMOKED SALMON & POACHED ORGANIC EGG ON ENGLISH MUFFIN** £5.00  
Served drizzled with fresh hollandaise, and young, local asparagus

**EGGS BENEDICT** £4.50  
Poached organic eggs, dry cured bacon & fresh hollandaise on an English muffin

**THE SOCIAL BREAKFAST** £6.50  
Dry cured bacon, Cumberland sausage, handmade potato rosti, house baked beans (borlotti, butter & haricot blanc) with vine tomatoes & herbed field mushrooms

**VEGETARIAN BLACK PUDDING & A POACHED ORGANIC EGG** £4.50  
With a Lancashire cheese rarebit sauce, served on a toasted English muffin (v)

**SCRAMBLED EGGS & DRY CURED BACON ON A TOASTED BAGEL** £4.00  
Pretty much as it says! The eggs are, again organic

## LUNCH & BEYOND

(available 11am until we close)\*



**SALADS** from £3.30 / £3.60 (in)  
All available from our fridges, grab one and bring it to the counter, this is a small selection of those available:

**GRILLED CHICKEN CAESAR** (n)  
It's a classic! Caesar dressing drizzled over grilled slices of organic chicken breast, cos lettuce, cucumber, parmesan & croutons

**TUNA NICOISE SALAD** (wf)  
Again a classic, this one comes with seared tuna steak, fine beans, soft boiled egg & little potatoes

**SUPERFOODS SALAD** (vg wf n)  
Pea shoots, edamame, alfalfa & pumpkin seeds tossed in sesame oil dressing with fresh mint & Chat Moss herb leaves

## SANDWICHES



from £ 2.00 / £2.00 (in)  
These change... a lot, (so this is just a small selection of best sellers) all are available to grab from our fridge - just take your pick;

**ROASTED PEPPERS & HUMMUS WRAP** (vg n)

**ROAST CHICKEN & REAL STUFFING ON WHITE**

**POACHED SALMON, DILL & ORGANIC WATERCRESS**

**ROAST OLD SPOT BELLY PORK, APPLE CHUTNEY**

**CRUMBLY LANCASHIRE CHEESE, GRATED CARROT & WALNUT** (v n)

## SOUPS



from £2.00  
If the sandwiches change a lot, then the soups are even worse! We will always have two soups on the go, one of which will be vegetarian; please check the blackboards for details...

## LUNCH & BEYOND

(available from 11am until we close)\* \*



We always have a changing board of daily specials, below are some favourites that are always available

**PROPER GOOD BURGER** £6.50  
A thick hunk of char-grilled minced beef, served in toasted ciabatta with dry cured bacon, smoked Applewood cheddar & all the usual accompaniments (takes 20mins)

**OLD SPOT PORK & CRACKED BLACK PEPPER SAUSAGES & MASH** £7.00  
Grilled sausages with creamy mash & a rich onion and thyme gravy

**LAKSA** £7.00 / £6.00 (n)  
An amazing, soul improving, joyful bowl of Malaysian coconut soup with; chicken, tiger prawns, egg noodles, mint, red onion & bean sprouts. Or with Tofu instead of prawn & chicken (v)

**MEATBALLS & RIGATONI** £6.50  
Lightly spiced lamb meatballs, with red onion & rosemary, in a rich tomato sauce, rigatoni & crumbled rosary goats cheese

We always have a selection of side orders including;

**CHIPS** £2.00 (v wf)  
**GARLIC & CHILLI FINE BEANS** (vg wf)  
**CHAT MOSS HERB LEAF SALAD** £3.00 (vg wf n)

## FRESH SLICE?

**SODA BREAD** 65P (V N)  
**WHITE BLOOMER** 60P (V)