

THE ZERO WASTE COMPANY – VEGETARIAN CAFE & ZERO WASTE SHOP

CHILDREN'S MENU

BREAKFAST served 'til 11.30

Goldilocks

A deliciously creamy bowl of porridge perfectly fit for a baby bear, topped with honey or jam 2.5

Try with:

Fresh seasonal fruit 1

Just Toast

A slice of our fresh farmhouse bread, lightly toasted and served with butter on the side 1.5

Why not add?

Marmite, peanut butter, honey or jam 1

Yoghurt to be kidding!

Thick and creamy organic Greek yoghurt topped with a generous sprinkling of our cinnamon spiced granola 3

Give these a go:

Fresh seasonal fruit 1

Berry compote/Local honey 1

Bitesize

One of our Scandi cinnamon or lemon-almond biscuits 1.25

LUNCH served 11.30-15.30

Easy Cheeseey

A simple cheese sandwich served on white farmhouse bread with butter with cucumber sticks on the side 4

Make it a toastie 0.5

Love it or Hate it

A marmite sandwich served on white farmhouse bread with butter with cucumber sticks on the side 4

Why not try?

Cheddar cheese 1

Make it a toastie 0.5

Hummusly good

A hummus sandwich served on white farmhouse bread with butter with cucumber sticks on the side 4

Veggie Pot

A creamy pot of hummus served with cucumber and carrot sticks 3.5

Tater Tots

A portion of delicious potato hash bites, warm and crispy on the outside and softy and dreamy on the inside. Served with ketchup 3.5

AFTERS

I Scream!

A scoop of dairy or vegan ice cream served in a cone or a cup 3

Key:  Vegan

 Made without gluten

 Contains nuts

Menu items may come into contact with other allergens during preparation.
Please let our staff know any allergens.

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DID YĀU KNĒW?

Only 30% of plastic that goes into your recycling is actually recycled! It's better to buy things made

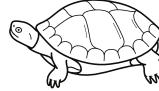


from other materials instead.



Can you name some other materials that can be recycled?

Plastic that gets thrown away can end up in the ocean. Plastic bags look like jellyfish in the water and can harm sea creatures like turtles who think that they are food.



How many sea creatures can you think of?

Every plastic toothbrush you have ever used still exists! Using toothbrushes made from wood or bamboo is better for the planet.



What other plastic items could you swap?

Thank you for being a planet saving eco-warrior!

