

# Breakfast

served until 11.30am and all day Saturday

## FULL BREAKFAST £6.50

Bacon, lorne sausage, black pudding, potato scone, beans, tomato and an egg (scrambled, poached or fried) -includes brown or white toast

## VEGETARIAN BREAKFAST £6.50

Veggie sausages, potato scone, beans, tomato and two eggs of your choice - includes brown or white toast

## FRENCH TOAST AND BACON £5.50

Served with a jug of maple syrup on the side

## BEANS ON TOAST (brown or white) £4.50

## EGGS ON TOAST (brown or white) £4.50

-Scrambled, poached or fried Add any extra breakfast item for £0.75

## CRUNCHY GRANOLA £3.85

with Greek or Fruit Yoghurt Served with milk and honey on the side

## PORRIDGE £3.85

Topped with banana and honey, healthy mixed berries or raisins and cinnamon.

## TOAST

(Thickly sliced brown or white bread)

•Served with butter and jam or marmalade £2.35

•Served with Nutella or peanut butter £2.45

## BREAKFAST ROLLS

Lorne sausage, bacon, scrambled or fried egg, black pudding, potato scone.

Single Filling £2.50

Double Filling £3.00

Triple Filling £3.50

*We proudly serve 'Ramsay of Carluke' sausage and black pudding. It's the best in the business for a true Scottish breakfast.*

# LUNCH

## HOME-MADE SOUP £3.95

Served with today's selection of bread. We strive to offer a gluten-free soup every day – please check with your server.

## HOUMOUS, OLIVES AND RED PEPPER TASTER PLATE £4.25

Served with a toasted pitta

## TOASTED PANINI £5.90

Served with a dressed side salad.

We suggest

- Mozzarella, tomato and pesto.
- Goat's cheese, roasted red pepper and fresh Basil.
- Brie and Bacon
- Honey Roast Ham and Cheese
- Tuna and Cheddar Cheese
- Chicken Mayonnaise, bacon and tomato.
- BBQ chicken and cheese.

## MAKE IT A MEAL DEAL £7.25

Served with a bowl of home-made soup instead of a side salad.

## SANDWICHES, WRAPS, BAGUETTES £5.90

Served with a dressed side salad.

All our sandwiches are made to order so we can make sure yours is just the way you like it.

Stuck for ideas? We recommend

- Chicken and Salad (as it comes or add mayonnaise or a cajun dressing.)
- Honey roast Ham, hand-cut Coleslaw and leaves.
- Roast Beef, horseradish, tomato and leaves.
- Houmous, Red Pepper & Salad
- Tuna Mayonnaise and red onion
- BBQ chicken and cheese.

## MAKE IT A MEAL DEAL £7.25

Served with a bowl of home-made soup instead of a side salad.

## QUICHE OF THE DAY £6.15

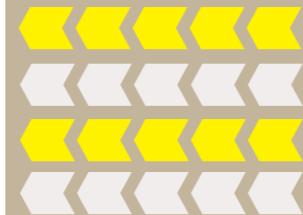
Made in the cafe, always vegetarian, always tasty – ask your server for details. Served with a dressed side salad.

## ADD A PORTION OF SEASONED POTATO WEDGES £3.00

## SWEET POTATO FRIES £3.50

START AT THE BEGINNING

THE MAIN EVENTS



Cafe Wander

INSTA

TWEET

KEEPING IT healthy? OH YOU LITTLE ANGEL



House Salads

Our favourites are listed here or tell us your preference and we'll make it up for you.

- Caesar Bowl add chicken £5.35 £6.50
- Tuna Mayonnaise and Red Onion £6.30
- Houmous Platter Served with red peppers, olives and pitta £6.30
- Cajun Chicken with Tortilla Chips £6.40
- Goat's Cheese, Walnuts and Croutons £6.40

## Baked Potato time

Oven Baked Jacket potatoes served with a dressed side salad.

- Tuna Mayonnaise £6.00
- Cheese and Coleslaw £6.50
- Baked Beans and Cheese £6.50
- Chicken Mayonnaise & bacon £6.75

Our side salads are glazed with sweet balsamic dressing from award winning Scottish independent company, Little Doone Foods. If you want to take some home, we've got a selection of delicious seasonal flavours to purchase at the counter.

ADD ON...

- Seasoned Wedges £3.00
- Sweet Potato Fries £3.50
- Add a dip £0.50  
Barbeque Sauce, Sweet Chilli Sauce, Sour Cream
- Sharing Bowl £5.50

*Every day we offer a Daily Special from £7.25. Ask your server what we have on offer today.*

Please note our specials are limited so apologies if we have sold out!

IT'S NICE TO MEAT YOU. LET'S EAT



## HOME-MADE BURGERS £6.50

Made on the premises, our burgers are 6oz (uncooked weight) of British Beef. Served on a toasted bun with tomato relish, leaves and a dressed side salad. Our burgers are cooked to order, so please allow a little extra time.

Add cheese, bacon or jalapeño peppers 65p per item

Add sour cream, BBQ sauce or sweet chilli dressing 55p per item

Add a side of seasoned potato wedges £3.00 or sweet potato fries £3.50

## MINUTE STEAK SANDWICH £6.25

'Ramsay of Carluke' supply our steak for this hot sandwich. Served on a brown baguette or a toasted ciabatta with a dressed side salad. Fried red onion is a tasty optional extra.

Add a side of seasoned potato wedges £3.00 or sweet potato fries £3.50

GOOD FOOD GREAT COFFEE & CHEERY STAFF  
www.cafewander.com



## SOMETHINGSWEET?

Home-made scones our selection changes daily so please ask for today's choices. £2.20

Cream scones with a sneaky jam layer £2.75

Malteser Cake, Toffee Crispy Cake, Empire Biscuits, Caramel Shortcake (milk or white chocolate) £2.30

Gluten-free shortbread £2.30

Chocolate Brownie £2.55 Add cream for an indulgent treat £3.00

Home-made Carrot Cake with a decadent cream cheese topping £2.75

Home-made Banana and Walnut Loaf £2.75

From time to time we have other cakes available – please ask!

WE WANDER for distraction BUT WE travel FOR fulfillment

Something sweet?



## OUR COLD DRINKS

<b>Cans</b>		
Coke, Diet Coke, Sprite, Im Bru, Diet Im Bru		£1.75
<b>San Pellegrino</b>		
Orange, Lemon, Grapefruit, Blood Orange		£2.45
<b>Fentimans</b>		
Ginger-Beer / Cola/Rose Lemonade		£2.45
<b>Oasis, Lucozade</b>		£2.45
<b>Fruit Shoot</b>		£1.60
<b>Mineral Water (still or sparkling)</b>	500ml	£1.70
	1.5 Lit	£3.25
<b>Glass of Iced Soda</b>		
flavoured with a choice of lime cordial or caramel		£1.85
<b>Glass of chilled milk (semi-skimmed or skimmed)</b>		£1.75
<b>Vanilla Frappe (an iced vanilla milky drink)</b>		£2.60
<b>Caramel Frappe</b>		£3.15
<b>Strawberry and Vanilla Frappe</b>		£3.15
<b>Coffee Frappe</b>		£3.25
<b>Freshly Squeezed Orange Juice and Lemonade</b>		£3.00

### Fresh and Healthy Juices and Smoothies

<b>Freshly Squeezed Orange Juice</b>		£3.25
<b>Apple and Fresh Ginger Zinger pressed on the premises</b>		£3.25
<b>Deluxe Juice apple, ginger and our fresh OJ</b>		£3.40
<b>Fresh Banana Smoothie made with ice cold milk</b>		£3.25
<b>Seasonal Berry Smoothie</b>		
- with a milk base		£3.25
- with a fresh OJ base		£3.45
<b>Banana and Berry Smoothie</b>		
- with a milk base		£3.45
- with a fresh OJ base		£3.70

**CORPORATE CATERING** ASK A MEMBER OF STAFF FOR MORE DETAILS

Do you know we can deliver corporate catering to your office?

## OUR HOT DRINKS

Our regular coffee is made with a bean which is a medium to dark roast that delivers a balanced flavour. The sweetness of the coffee comes from Peru, the slight herbal notes from Honduras, and the aftertaste from Sumatra. Not only well travelled, our coffee is proudly Fair-Trade, Organic and Rainforest Alliance certified.

### NEW - HAND ROASTED ARTISAN COFFEE

We are delighted to be able to offer you a guest hand roasted coffee. These one-off micro lots are roasted in batches of just 25kg at a time, preserving the integrity and freshness of the bean. Each hand-roasted micro-lot is unique and distinctive. Ask us for further details- we can't write you a full description as once the batch is gone, a new blend will take its place.

Add £0.40 per cup

	Single	Double
<b>Espresso</b>	£1.90	£2.25
<b>Ristretto</b>	£1.90	£2.25
A short shot of coffee – bolder and smoother than an espresso.		
<b>Macchiato</b>	£1.95	£2.15
A shot of espresso, marked with a small cap of steamed milk.		
<b>Flat White served in a 6oz glass – as they do in Rome!</b>		£2.70
A full flavoured double Ristretto and velvety-smooth steamed milk.		
<b>Americano (black or with milk on the side)</b>	Reg (12oz) £2.70	AMug (16oz) £2.85
<b>Cappuccino / Latte</b>	£2.75	£3.05
<b>Flavoured Latte</b>	£3.35	£3.60
Amaretto, Caramel, Coconut, Cinnamon, Gingerbread, Hazelnut or Vanilla		
<b>Chai Latte</b>	£2.80	£3.05
Warming spices and orange blossom honey steamed with milk.		
<b>Fair-Trade Hot Chocolate</b>	£2.85	£3.05
<b>Luxury Hot Chocolate</b>	£3.35	£3.75
Add a spot of decadence with mint or orange syrup, or cream and marshmallows.		
<b>Mocha</b>	£2.95	£3.25
Hot chocolate with espresso		
<b>Babiccino</b>		£1.10
for the tiny tots – a teeny cup of warmed milk topped with chocolate dust		

### Personalise your drink

- All our coffee drinks are available decaffeinated or with skimmed milk.
- Add an extra shot of espresso or a measure of syrup for £0.60
- Switch out for soya or oat milk for £0.60

## TEA

We also offer our discerning tea-drinkers a carefully selected choice of loose-leaf teas. Take a glance at our tea-menu below to peruse the full selection.

Loose-leaf served in a one-person Tea-pot £2.95  
 Regular Tea – (a bag in a mug like it's always been!) £2.20



### English Breakfast Tea

A wonderful combination of quality tea leaves from the tea growing regions of Sri Lanka, Kenya and India. Blended to perfection, this tea gives a delicious, wholesome full bodied flavour

### Earl Grey Tea

Our Earl Grey uses only natural flavours and oils so there's no aftertaste or overpowering perfume. When combined with the natural taste of the high quality Ceylon tea we use, the resultant taste is amazing.

### Borengajuli Assam FBOP

From the Mangaldai region of Assam, Borengajuli FBOPA is a fabulous 2nd Flush Assam from this top class estate. These infused Assam leaves provide a wonderful deep malted 'jammy like' flavour.

### Margaret's Hope Darjeeling TGFOP

A distinctive 'muscatel' flavour, with hints of blackcurrants, create a wine-like taste. Often compared to the taste and fragrance of Muscat grape, Margaret's Hope TGFOP makes a superb afternoon tea

### Lemon and Ginger Ceylon Tea

The pairing of lemon and ginger flavours is no surprise, but here we carefully balance the lemon tanginess and warm ginger flavours so you still taste the high quality Ceylon tea.

### Clanwilliam Rooibos Tea

Completely caffeine free leaves from the Aspalathus Linearis plant are harvested and fermented to produce a characteristic Rooibos flavour and sweet aroma. Delicious with or without milk and sugar.

### Peppermint Tea

Outstanding peppermint leaves from the best cut of the season produce a totally caffeine free refreshing drink that's cool, pungent and bursting with minty flavour.

### Japan Sencha

The green tea leaves used for this quality Sencha are carefully plucked, steamed, then rubbed and dried to produce the distinctive smooth and glossy look of the finished Sencha leaves.

### Delicious Berry Fruit Tea

This incredible fruit and herb tea tastes fantastic and is so refreshing. The combination of hibiscus, rosehip, blackcurrants, elderberries and raisins yield extraordinary flavours that burst through every sip.

*Perfect any time of day!*

Our loose teas are supplied by Jenier Teas, a Scottish based company. Jenier sources all their teas through members of the Ethical Tea Partnership, so you can be assured that those working on the tea estates are treated fairly and have access to housing, healthcare and childcare.



“not all those who wander are lost”

J.R.R. TOLKIEN

**REFUSE THE STRAW!**

#REFUSETHESTRAW



We will only give you a straw if you ask for it! The single-use straw will be on the planet forever. It takes 200 years to break down... into toxic particles. The UK and US throw away nearly 550 million plastic straws per day. Very few are recycled, and many of them end up in our oceans. Help today. Refuse the straw!

**FOOD ALLERGY?**

Before placing your order, please inform a member of staff if you have a food allergy.