

The background of the entire page is a repeating pattern of stylized, overlapping leaf shapes in various shades of teal and light blue. The leaves are arranged in a grid-like fashion, creating a dense, textured effect.

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good food cafe



moments

Welcome to Moments Cafe. Please take a seat and order at the till when you are ready. Food and drinks will be brought to your table. Please ask a member of staff if you require any assistance.

Breakfast

Moments Breakfast

£6.95

(FREE mug of tea or small americano coffee when ordered before 11:30am)

Two Slices of Bacon, Two Sausages, One Free Range Egg, Tomato, Baked Beans, Buttered Mushrooms and Two Slices of White or Wholemeal Toast

Mini Breakfast

£4.25

One Slice of Bacon, One Sausage, One Free Range Egg, Tomato, Buttered Mushrooms, Baked Beans and One Slice of White or Wholemeal Toast

Vegetarian Breakfast (v)

£5.95

(FREE mug of tea or small americano coffee when ordered before 11:30am).

Two Vegetarian Sausages, Two Free Range Eggs, Tomato, Baked Beans, Buttered Mushrooms and Two Slices of White or Wholemeal Toast

Mini Vegetarian Breakfast (v)

£4.25

Two Vegetarian Sausages, One Free Range Egg, Tomato, Buttered Mushrooms, Baked Beans and One Slice of White or Wholemeal Toast

Please inform a member of staff of any dietary requirements you may have when ordering food. An allergen folder of our full menu is available on request.

(V) = Vegetarian Friendly

Lighter Snacks

Scrambled Eggs or Fried Eggs on Toast (v) £2.95

Two Slices of Toast with Two Free Range Eggs

Mushrooms on Toast (v) £2.50

One Slice of Toast with Buttered Mushrooms

Beans on Toast (v) £2.50

Two Slices of Toast with Baked Beans

Cheese on Toast (v) £2.50

Two Slices of Toast with Melted Cheese

A Round of Toast (v) £1.65

Two Slices of Toast with Jam, Marmalade or Honey

Toasted Crumpets (v) £1.95

Two Toasted Crumpets with Jam, Marmalade or Honey

Large Toasted Tea Cake (v) £1.85

One Toasted Tea Cake with Butter

Cream Tea for One (v) £3.95

One Pot of Tea with the choice of a Fruit or Plain Scone with Jam and Clotted Cream

Cream Tea for Two (v) £5.95

A Pot of Tea for two with the choice of Two Fruit or Two Plain scones with Jam and Clotted Cream

A Selection of Sweet Treats are available at the counter.
Please ask a member of staff for more details.



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Lunch

Sandwiches

All Sandwiches and Paninis are Served on White or Wholemeal Bread with a Salad Garnish and Coleslaw.

Bacon	£3.50
Sausage	£3.50
Vegetarian Sausage (v)	£3.50
Fried Egg (v)	£3.00
Fish Finger	£3.80
Bacon, Lettuce and Tomato	£3.80
Ham	£3.50
Ham and Cheese	£3.95
Cheese (v)	£3.00
Cheese and Onion (v)	£3.50
Cheese and Tomato (v)	£3.50
Tuna Mayonnaise	£3.80
Chicken Mayonnaise	£3.80

Moments Club Sandwich

£5.25

A Two Story Toasted Sandwich with Chicken Mayonnaise, Bacon, Lettuce and Tomato Served with White or Wholemeal Bread

Toasted Sandwiches

Bacon	£3.75
Cheese (v)	£3.25
Ham	£3.75
Cheese and Onion (v)	£3.75
Cheese and Tomato (v)	£3.75
Chicken Mayonnaise	£3.95
Tuna Mayonnaise	£3.95

Paninis - *All Paninis come with Cheese.*

Bacon	£4.50
Cheese (v)	£4.00
Ham	£4.50
Cheese and Onion (v)	£4.25
Cheese and Tomato (v)	£4.25
Chicken Mayonnaise	£4.75
Tuna Mayonnaise	£4.75

Omelettes - *All Omelettes are Served with a Salad Garnish and Coleslaw.*

Plain	£3.00
Cheese (v)	£3.60
Mushroom (v)	£3.60
Ham	£4.00
Cheese and Ham	£4.60
Cheese and Mushroom (v)	£4.20
Ham and Mushroom	£4.60
Cheese and Onion (v)	£4.20
Cheese and Tomato (v)	£4.20

Moments Spanish Omelette (v) £5.50

Frittata Style Omelette with Potatoes, Onions and Peppers

Jacket Potatoes - *All Jacket Potatoes are Served with a Salad Garnish and Coleslaw.*

Butter (v)	£3.95
Cheese (v)	£4.40
Cheese and Onion (v)	£4.80
Cheese and Beans (v)	£5.00
Beans (v)	£4.40
Tuna Mayonnaise	£5.00
Chicken Mayonnaise	£5.00
Beef Chilli	£5.00
Veggie Chilli (v)	£5.00



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Moments Homemade Main Meals

Macaroni Cheese (v)

Served with a Salad Garnish

£5.25

Corned Beef Hash

Served with a Free Range Egg and Baked Beans

£5.75

Cottage Pie

Served with Garden Peas and Gravy

(Vegan Option Available)

£5.75

Chilli Nachos

Served with a Choice of Homemade Beef Chilli or Veggie Chilli (v) topped with Melted Cheese

£5.95

Topped Potato Wedges

Served with a choice of Cheese and Mushrooms (v) or Cheese and Bacon

£4.75

Sides

Pot of Coleslaw (v)	£0.85
Pot of Beans (v)	£0.65
Pot of Cheese (v)	£0.65
Bread and Butter (v)	£0.75
Potato Wedges (v)	£2.50
Garlic Bread (v)	£2.50
Cheesy Garlic Bread (v)	£3.00
Side Salad (v)	£2.25

Please see our Moments Specials Board or ask a Member of Staff for our Daily Specials!

Soup of the Day

Served with White or Wholemeal Bread.
£3.50

Roast of the Day

Served every Wednesday from 12:00pm.
£5.50

Milkshakes

A generous amount of Vanilla Ice Cream, Milk and Flavoured Syrup blended together and topped off with Whipped Cream. Choose from Chocolate, Vanilla, Strawberry, Toffee, Mint Chocolate, Chocolate Orange or Banana.

£2.95

Cold Drinks

A selection of cold drinks are available on display at the counter.

Did you know?

Here at Moments Cafe we offer a Buy it Forward Scheme. This means customers have the option to buy an item of food or drink to donate to someone less fortunate than themselves. If you would like to make a donation or find out more information about our Buy it Forward Scheme, then please speak to a member of staff.



Our Story

In 2010, two nurses – Laura Walker and Kate Smith set up Memory Matters; a not for profit organisation to help change the face of dementia support in our community. Our organisation started because both ladies were frustrated with the lack of support provided for people living with dementia, as well as their carers.

Kate and Laura's intention has always been to provide services and respond to the needs expressed by people living with dementia. This is what makes Moments a cafe with a difference.

In March 2017, Moments Cafe opened it's doors, with a trip down memory lane for most, and a calming, friendly atmosphere for all. We are a social enterprise, with all of our profits helping to sustain Memory Matters, enabling us to provide support for people living with dementia, as well as offering free services in our Community Hub upstairs.

We rely on the kindness and generosity of our customers to make this work, you can help us to do this by buying a coffee or simply talking about who we are to share our story. Thank you.



- * **Finalist in Alzheimer's Society Dementia Friendly Awards 2017 for Collaboration**
- * **Dementia Care Awards Finalist 2017 for Innovation**
- * **Winner - Best Customer Service - Plymouth Herald Business Awards 2017**
- * **Winner – Plymouth's Favourite Coffee Shop 2018**

