

Connections Community Cafe.

131-133 Linthorpe Road,

Middlesbrough. TS1 5DE.

Breakfast

(Full breakfast menu will be served till 12pm, after which the classic, veggie and vegan breakfasts will be available)

Veggie Breakfast 2 Veggie sausage, 2 egg, 2 hash, beans, vegan haggis, tomatoes, mushrooms and 2 toast. Inc. Tea/Americano	8.55
Vegan Breakfast 2 Vegan sausage, avocado, 2 hash, beans, vegan haggis, tomato, mushrooms and 2 vegan toast. Inc, Tea/American	8.55
Full Breakfast 2 sausage, 2 bacon, 2 eggs, beans, 2 hash, black pud, tomatoes, mushrooms and 2 toast. Inc. Tea/Americano	8.55
Eggs on Toast Fried, Poached or Scrambled on white or brown toast	3.45
Breakfast Bun Choose any 3 breakfast items	3.95
Porridge With honey, jam or golden syrup	2.95
Granola Natural yoghurt, fruit compote	2.95
Croissant With jam and butter	2.45
Toast White or brown with butter and jam	1.50
Small Breakfast (meal deal) (Veggie or vegan also available). Served with a tea of coffee	5.00

All Toast can be prepared Gluten Free

Allergies & Intolerances

Please speak to a member of staff about ingredients used when placing your order.



£5 Lunch Meal Deals

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All meal deals served with a hot or cold drink

Small Breakfast (veggie or vegan)

Jacket Potato with Salad & Slaw

With beans, cheese or tuna mayo

Sandwich with Salad, Slaw & Crisps

Tuna mayo, cheese & onion, cheese & pickle, ham & cheese

Toastie with Salad, Slaw & Crisps

Tuna Melt, Cheese & Onion, Ham & Cheese

Panini with Salad, Slaw & Crisps

Brie & Bacon, Tuna Melt, Ham & Cheese

Sausage, Egg & Chips

Burger and Chips

Quiche

(see our specials board for today's quiche)

All Sandwiches, Toasties, and Burgers can be prepared Gluten Free

Chips!

Just chips	2.50
Gravy & Chips, Curry & Chips Chips with Cheese & Garlic	2.95
Salt n Pepper Chips, Chips, Cheese & Beans, Chilli, Chips & Cheese Vegan Chilli & Chips	3.95

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Lunch

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All Sandwiches, Toasties, Ciabattas and Burgers can be prepared
Gluten Free

Soup of the Day Served with a baguette (ask for today's soup)	3.95	Beef Baguette Roast Beef in onion gravy served with chips, salad and a gravy dipping pot	8.95
Nachos Tortilla chips, salsa & cheese (add chilli/vegan chilli for +1.50)	3.95	Chicken & Stuffing Baguette Roast chicken and stuffing with chips, salad and a gravy dipping pot	8.95
Rainbow Wrap Hummus, Beetroot, Carrot, Spinach & sweet chilli. Served with salad, slaw & crisps (swap for chips +£1)	5.95	Chilli con Carne Served with rice, chips or half and half	8.95
Med Veg Ciabatta Roast Mediterranean Vegetables, goats cheese & balsamic. Served with salad, slaw & crisps (swap for chips +1)	5.95	Chicken Curry Served with rice, chips or half and half (add naan 75p)	8.95
Onion Baji Ciabatta Baji, rocket & mango chutney Served with salad, slaw & crisps (swap for chips +1)	5.95	Chicken Tikka Served with rice, chips or half and half (add naan 75p)	8.95
Prawn Marie Rose Baguette Prawns, iceberg lettuce, cucumber & Marie-Rose dressing. Served with salad, slaw & crisps (swap for chips +£1)	8.95	Pie of the Day Served with chips, peas and gravy (Ask for today's filling)	7.95
Fish Finger Sandwich Battered Cod goujons, tartar sauce & rocket. Served with salad, slaw & crisps (swap for chips +£1)	6.95	Beef Burger Two beef patties, lettuce and tomato add cheese for £1. Served with salad and chips Prefer your cows to be alive in a field? Then swap the beef for vegan patties. (we have vegan cheese too)	8.95
Chicken and Brie Chicken breast, brie and mango chutney. Served with salad, slaw & crisps (swap for chips +£1)	8.95	Chicken Fillet Burger Chicken fillet, mayo and lettuce Served with salad and chips	8.95
Halloumi Burger Chunky halloumi, rocket and chilli jam. Served with salad and chips	8.95	BBQ Chicken Melt Wrap Chicken, bacon and cheese in a toasted wrap Served with salad, slaw & crisps (swap for chips +£1)	8.95

Add a dip for 75p
Sweet chilli, sour cream, guacamole, salsa,
garlic mayo, mango chutney

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