

# Fat Lemons

Vegetarian, Vegan and Gluten Free  
Cafe

## Breakfast and Light Meals

Poached free range organic eggs on a choice of wholemeal, spelt or white toast		3.85
gluten free toast		4.55
Scrambled free range organic eggs on a choice of wholemeal, spelt or white toast		3.95
gluten free toast		4.65
With additional items		
-Grilled mushrooms		1.40
-Heinz Baked Beans		1.00
-Griddled fresh tomatoes		1.20
Chestnut mushrooms on choice of wholemeal, spelt or white toast (V)		3.95
-with gluten free toast		4.65
Heinz Baked Beans on choice of wholemeal, spelt or white toast (V)		3.20
-with gluten free toast		3.90
Grilled cheddar cheese on choice of wholemeal, spelt or white toast		3.85
-with gluten free toast		4.55
Griddled fresh tomatoes on choice of wholemeal, spelt or white toast (V)		3.65
-with gluten free toast		4.35
Garlic chestnut mushrooms served on grilled ciabatta (V)		4.95
-on a grilled gluten free roll		5.65
French croissants served with jam or marmalade	one	1.55
	two	2.75
Thick cut slices of either white, wholemeal or spelt toast with jam, marmalade or marmite (V)	one slice	1.20
	two slices	2.30
Gluten free toast with jam, marmalade or marmite	one slice	1.35
	two slices	2.55
Toasted Teacake served with Westcountry butter		1.90

## Homemade Warmed Scones

Scone and butter		1.50
Gluten free plain scone and butter		1.65
Vegan scone with soya spread		1.50
Cheese scone and butter		1.70
Gluten free cheese scone and butter		1.90
Additional jam or homemade chutney		.50p
Two cheese scones with homemade chutneys and a dressed mixed salad		4.35
-with gluten free cheese scones		4.80
<b>Savoury Tea:</b> two cheese scones, soft goats cheese or mature cheddar served with homemade chutneys and a cappuccino		5.95
-with gluten free scones		6.50
<b>Devon Cream Tea:</b> two scones served with clotted cream, strawberry jam and a pot of breakfast tea		4.85
-with gluten free scones		5.35

All of our scones are made on the premises and are not from a pre-prepared scone mix

**V=Vegan option available**

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## Fat Lemon Specialties

<b>Meze's</b>	For One	10.95	<b>Chestnut Mushrooms</b>	8.65
	For Sharing	17.95	Cooked in hot garlic butter served with homecooked potato wedges, spelt bread and a dressed mixed salad (V)	
Comprising of houmous, tatziki, spanakopita, falafel, warm pitta bread, tabbouleh, whole mixed olives, vegetable crudites and a greek salad			-with a gluten free roll	9.20
<b>Spanakopita</b>		8.75	<b>Homity Pies</b>	7.65
Spinach and feta cheese filo pastry parcels served with whole mixed olives, tabbouleh and a dressed mixed salad			Mature cheddar cheese, potato and garlic pies in a shortcrust pastry case with a dressed mixed salad and spelt bread	
<b>Falafel</b>		8.25	<b>Greek Salad</b>	6.95
Spicy chickpea balls served with either tatziki or houmous, warm pitta breads, whole mixed olives and a dressed mixed salad (V)			Consisting of mixed salad leaves, tomatoes, peppers, red onion, cucumber, feta cheese, black olives dressed with lemon and olive oil, served with a warmed pitta bread	
		8.95	-with a gluten free roll	7.65
<b>Houmous</b>		6.45	<b>Westcountry Cheese Platter</b>	7.25
Served with whole mixed olives, warm pitta bread, vegetable crudites and a dressed mixed salad			Selection of local cheeses from Country Cheeses served with spelt bread, homemade chutneys and a dressed mixed salad	
		7.15	-with a gluten free roll	7.95

## Filled Rolls and Sandwiches

### Choice of spelt bread, ciabatta or multigrain roll with a dressed mixed salad and handcooked crisps:

Mature cheddar cheese and tomato	4.85	Mature cheddar or soft goats cheese with a choice of homemade chutneys	4.95
Free range organic eggs with mayonnaise and cress	4.95	Houmous and rocket leaves (V)	4.85
Soft goats cheese or feta cheese with grilled peppers	5.30		

Any of the above made with a gluten free roll additional .70p

## Omelettes

### Free range organic eggs with a choice of spelt bread, ciabatta or multigrain roll and a dressed mixed salad:

Plain	4.50	Mature cheddar cheese	5.45
Chestnut mushrooms	5.45	Mature cheddar cheese and chestnut mushrooms	5.95
Feta Cheese	6.10		

Any of the above with a gluten free roll additional .70p

## Side Orders

Dressed mixed salad (V)	3.50	Dish of marinated greek olives in oil (V)	1.95
Multigrain, ciabatta roll, spelt bread or pitta bread (V)	1.00	Garlic ciabatta roll	1.95
Bowl of potato wedges (V) with homemade chutney or mayonnaise	2.20 .50p	Gluten free roll and butter	1.30

\*salad dressing– our own homemade honey and mustard dressing\*  
V=Vegan option available

# Fat Lemons

## Drinks Menu

### Italian Coffees and Hot Chocolates

Cappuccino	2.00
Large Cappuccino	2.55
Soya Cappuccino	2.10
Latte	2.00
Large Latte	2.55
Soya Latte	2.10
Americano	2.15
Espresso	1.75
Double Espresso	2.15
Macchiato	2.25
Ristretto	2.15
Mocha	2.45
Flat White	2.40
Hot Chocolate	2.10
Babbiccino (hot frothed milk served in an espresso cup-children only)	.75p
Decaffeinated coffee available additional	.20p

### Teccino Herbal Coffee

Cappuccino	2.40
Americano	2.40

### Cold Drinks

### Heron Valley Organic Juices

Orange Juice	2.20
Apple Juice	2.10
Lime and Ginger Fizz	2.25
Ginger Beer	2.25

### Ashridge Organic Sparkling Juices

Apple Juice	2.35
Lemonade	2.35
Elderflower	2.35

### White or Red wine\*

187 ml individual bottles 3.75

### Westcountry Bottled Beer\*

Please ask for details  
500ml bottle 3.30

\*alcohol can only be served with a meal

### Loose Teas per pot

Breakfast Tea	1.65
Rooibos	1.95

### Black Teas

'Fat Lemons afternoon' blend of assam/darjeeling	1.95
Lapsang Souchong	1.95
Chai	2.10
Earl Grey	1.95
Russian Caravan	1.95
Nilgiri	1.95
Keemun	1.95

### Green Teas

Jasmine Chun Hao	1.95
Gunpowder	1.95

### White Tea

Bai Mu Dan	1.95
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Please see blackboard for 'tea of the month'

### Novus Pure Herbal Teas

Served in a tall latte glass

Citrus Chamomile	
Red Berry	
Egyptian Mint	1.95

### Fresh fruit Smoothies (made to order)

Please ask for flavours 3.10

### Thick shakes (made to order)

Banana	
Chocolate	
Strawberry	2.25

### Pure Blue Cornish

### Mineral Water

Still	1.95
Sparkling	1.95

### Squash

Blackcurrant	1.35
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### Riverford Organic Milk

Per Glass	1.20
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### Devonshire Farmhouse Ice Creams

Delicious clotted cream ice cream in a variety of flavours, please see specials boards for flavours

Takeaway	1.60
Eat In	1.75

**Licensed Vegetarian Cafe**

Family owned and run

**Address**

Ticklemore Street  
Totnes  
Devon  
TQ9 5EJ

**Telephone**

01803 866888

**Email**

fat-lemons@sky.com

**Website**

fatlemons-totnes.co.uk

**Opening Hours**

Tuesday-Saturday  
9.30am-4.30pm

Booking is advisable during busy periods  
please contact us on 01803 866888 or email: fat-lemons@sky.com

Last food orders 3.30pm, cakes and scones served all day

# Fat Lemons

All our food is freshly produced on the premises including Cakes and Scones

Daily specials including Homemade Soup

We are able to cater for both Vegan and Gluten free and will do our utmost to help with other dietary requirements  
In our small kitchen we use both wheat and dairy products, every effort is made to minimise cross contamination

We are happy to change any meal to a child's size portion

As much produce is sourced locally and organic whenever possible including :

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Organic milk from Riverford

Cheese and butter from Country Cheeses

Fruit and vegetables from Annies

Free range organic eggs and mayonnaise from Laydilay Eggs

Organic juices from Heron Valley  
And Ashridge

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We only use the best Italian Mocarabia Coffee

Please ask for a loyalty card for teas and coffees

We accept most credit and debit cards

All our food and drinks are made to order, please be patient at busy times  
it will be worth waiting for!

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