

Fat Lemons

Vegetarian, Vegan and Gluten Free
Cafe

Toast, Croissants and Teacakes

Thick cut slices of either white, wholemeal or mixed grain toast with jam, marmalade or marmite (V)	one slice two slices	1.20 2.30
Gluten free toast with jam, marmalade or marmite	one slice two slices	1.35 2.55
French warmed croissants served with jam or marmalade	one two	1.55 2.75
Toasted Teacake		1.90
Gluten free teacake		2.25

Breakfast and Light Lunches

Poached free range organic eggs on a choice of wholemeal, mixed grain or white toast	3.85
gluten free toast	4.55
Scrambled free range organic eggs on a choice of wholemeal, mixed grain or white toast	3.95
gluten free toast	4.65
With additional items	
-Fried chestnut mushrooms	1.40
-Heinz Baked Beans	1.00
-Griddled fresh tomatoes	1.20
Chestnut mushrooms on choice of wholemeal, mixed grain or white toast (V)	3.95
-with gluten free toast	4.65
Heinz Baked Beans on choice of wholemeal, mixed grain or white toast (V)	3.20
-with gluten free toast	3.90
Grilled cheddar cheese on choice of wholemeal, mixed grain or white toast	3.85
-with gluten free toast	4.55
Griddled fresh tomatoes on choice of wholemeal, mixed grain or white toast (V)	3.65
-with gluten free toast	4.35
Garlic chestnut mushrooms served on grilled ciabatta	4.95
-with a poached egg	6.15
-on a grilled gluten free roll	5.65

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
Savoury Tea: two cheese scones, soft goats cheese or mature cheddar served with homemade chutneys and a cappuccino	5.95
-with gluten free scones	6.50
Devon Cream Tea: 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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Filled Rolls and Sandwiches

choice of mixed grain bread, ciabatta or multigrain roll with a dressed mixed salad and crisps:

Cheddar cheese	sliced tomato	4.85	Free range organic eggs		
	chutney	4.95	with organic mayonnaise and cress		4.95
Houmous	rocket leaves	4.85	Goats cheese	chutney	4.95
(v)	red pepper	4.95		red pepper	5.30

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

Omelettes

free range organic eggs with a choice of mixed grain, ciabatta or multigrain roll and a dressed mixed salad:

Plain	4.50	Cheddar cheese	5.45
Chestnut mushrooms	5.45	Cheddar cheese and chestnut mushrooms	5.95

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

Please let us know on ordering if you would like your omelette 'well cooked'

Toasted 'Bloomer' Sandwich

Mature cheddar cheese griddled sandwich with a choice of homemade chutney served with a dressed salad and crisps

5.20

Side Orders

Dressed mixed salad (V)	3.50	Dish of black olives (V)	1.95
Multigrain, ciabatta roll, mixed grain bread and butter	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

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Fat Lemon Specialties

Spanakopita	8.75	Chestnut Mushrooms	8.65
Spinach and feta cheese filo pastry parcels served with whole mixed olives, tabbouleh and a dressed mixed salad		Cooked in hot garlic butter served with homecooked potato wedges, mixed grain bread and a dressed mixed salad	
Falafel	8.25	-with a gluten free roll	9.20
Spicy chickpea balls served with houmous, warm pitta breads, whole mixed olives and a dressed mixed salad (V)		Homity Pies	7.65
-with a gluten free roll	8.95	Mature cheddar cheese, potato and garlic pies in a shortcrust pastry case with a dressed mixed salad and mixed grain bread	
Houmous	6.45	Greek Salad	6.95
Served with whole mixed olives, warm pitta bread, vegetable crudités and a dressed mixed salad		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	
-with a gluten free roll (V)	7.15	-with a gluten free roll	7.65

**The above specialties are available Friday and Saturday
(at any other time with prior notice)**

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Drinks Menu

Italian Coffees and Hot Chocolates

Cappuccino	2.00
Decaffeinated Cappuccino	2.20
Large Cappuccino	2.55
Soya Cappuccino	2.10
Latte	2.00
Decaffeinated Latte	2.20
Large Latte	2.55
Soya Latte	2.10
Americano	2.15
Decaffeinated Americano	2.35
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

Teas

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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Herbal Teas

Buddha's inspiration	2.10
Mate	2.10
Apple and Ginger	2.10
Anti Stress	2.10
Rooibos	1.95

Novus Pure Herbal Teas

Served in a tall latte glass

Citrus Chamomile	
Red Berry	
Egyptian Mint	1.95

Cold Drinks

Heron Valley Organic Juices

Apple Juice	2.10
Ginger Beer	2.25

Ashridge Organic Sparkling Juices

Elderflower	2.35
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White or Red wine*

187 ml individual bottles	3.75
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Westcountry Bottled Beer*

Please ask for details 500ml bottle	3.30
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Thick shakes (made to order)

Banana	
Chocolate	
Strawberry	2.25

Pure Blue Cornish

<u>Mineral Water</u>	
Sparkling	1.95

Squash

Blackcurrant	1.35
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Riverford Organic Milk

Per Glass	1.20
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*alcohol can only be served with a meal

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-4.00pm

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

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 :

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

We only use the best Italian Mokarabia 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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