

Our Food Policy

General Food Policy :

- 1 We believe that healthy eating is an important part of a well balanced lifestyle
- 2 We wish to procure and prepare food in a manner that minimises our Carbon Footprint
- 3 We design our menus in order to provide a choice of healthy and nutritional food
- 4 We believe in the principle of 5 portions of vegetables or fruit each day

Procurement Policy :

- 1 We aim to source our fresh produce locally
- 2 For products which cannot be sourced locally, we aim to procure Fair Trade produce
- 3 We do not purchase any pre-prepared food, sauces or other ingredients

Preparation Policy :

- 1 All drinks, light refreshments and meals are prepared on the same day as consumption.
- 2 All ingredients are procured fresh and will not be frozen
- 3 Fatty dressings will be avoided with preference being given to yoghurt as a base
- 4 Chips will be avoided with preference given to grains (rice, millet etc) or baked potatoes
- 5 The use of salt will be minimised
- 6 The use of sugar will be minimised, with brown sugar being used where necessary
- 7 Any bread used will be whole grain.

Menu Design Policy :

- 1 Vegetables and/or fruit will form a substantial portion of every snack or meal

- 2 No alcohol or fizzy drinks will be offered unless by special request
- 3 Drinks and beverages – cold drinks will be iced tap water and fruit juices – hot drinks will be tea, coffee and a range of herbal drinks.
- 4 Light refreshments will include hot and cold drinks with a platter of segments of fruit and vegetables. Biscuits can be provided on request.
- 5 Lunch and Dinner menus will be designed to offer a selection of food providing a well balanced and nutritional menu. Each menu will include a range of salads and vegetables. Desserts will include fresh fruit options with low fat and low sugar cakes.



PRICE LIST

From 04 October 2011

Contact details

earth cafe

16-20 Turner Street

Manchester

M4 1DZ

Tel 0161 834 1996

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Email info@earthcafe.co





PRICE LIST – from 4 October 2011

Meals from the buffet

Small Platter	2.50	1 portion of salad or side dish
Regular Platter	4.00	2 portions - 1 main and 1 side
Large Platter	6.00	4 portions – 2 main and 2 side

Snacks

Soup	3.00
Bread	0.50
Burger/Pitta Pocket	3.50
Plain Sesame bar	0.30
Choc Sesame bar	0.40

Cakes and Desserts

Slice of Cake	2.50	Strudel	3.00
Cheeze Cake	3.00	Ice Cream	2.00
Oatie	2.50		

Drinks - Teas

Pot of Free Trade Tea	1.60
Mug Herbal tea	1.60
Apple & cinnamon tea	2.00
Chai tea	2.00

Drinks - Coffee

Black coffee	1.60
Milky coffee	2.00
Café Latte/Capucino	2.50
Mocha coffee	2.50
Hot Chocolate	2.50

Drinks – Smoothies & Juices

Smoothie	3.50
Juices	small 1.00 large 3.00

Drinks – Others

Whole Earth	1.00	Purdeys	2.00
Free Natural	1.50	Belvoir drink	1.50


vegetarian café & juice bar

Address

16-20 Turner Street
Manchester
M4 1DZ

Opening Hours

Monday to Friday 11am to 8pm
Saturday & Sunday 10am to 5pm

Contact Details

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