



Welcome to The Sober Parrot, a hub café owned by The Nelson Trust. Our aim is to create a space for people to recover from addiction to drugs and alcohol. Through working together to overcome isolation, exclusion and loneliness we can help individuals to fulfil their potential and benefit the community as a whole.



## TOASTED TORTILLAS

1 for £4.50 ~ 2 for £9 ~ 3 for £13 ~ 4 for £16

8 inch tortillas packed with the following fillings, folded & then toasted until gold & crispy. Perfect for a snack, for lunch or for sharing

Choose from the following:

Mexican Chilli Chicken ~ Roasted Red Pepper ~ Sweetcorn Salsa ~ Cheddar

BBQ Pulled Pork ~ Smoked Cheddar ~ Red Onion ~ White Cabbage

Smashed Avocado ~ Rocket ~ Tomato ~ Vegan Cheese (Ve)

Halloumi ~ Spinach ~ Garlic Mushroom ~ Walnut Pesto (V)

## SIGNATURE SOURDOUGH TOASTIES £6.50

Tuna Mayo ~ Sweetcorn ~ Cheddar ~ Red Onion

Cheddar ~ Leek ~ Onion

Bacon ~ Brie ~ Cranberry

Both our Toasted Tortillas & Sourdough Toasties come with house slaw & your choice of sauce

## HOT BEVS

	REG	LRG
Americano		£2.60
Latte	£2.70	£2.90
Cappuccino	£2.70	£2.90
Flat White	£2.70	
Mocha	£2.90	£3.10
Dbl Espresso	£2	
Hot Chocolate	£2.50	£2.70

## COLD BEVS

Cans	£1
Bottles	£1.50
Iced Tea	£3.50

## EXTRAS

Syrup Shot	50p
Alternative Milk	30p
Extra Shot	£1

Due to the way our food is prepared it is not possible to 100% guarantee the absence of allergens in our products. Therefore our products made with gluten free ingredients are declared as 'low gluten' as recommended by the FSA guidelines. Our kitchen processes all allergens including nuts, peanuts, cereals containing gluten and milk.