



Choices for people with learning disabilities

The Oak Tree Bistro is one of Self Unlimited's popular services in the South East that offers people with learning disabilities the opportunity to train and work in a commercial catering kitchen.

We don't consider we are a fast food outlet, but you will be served by our friendly staff in the best time possible. Our aim is to provide our customers with healthy, home-cooked dishes, many of our ingredients being locally sourced or grown. We also support Fair Trade.

Pick up a copy of our Oak Tree newsletter as you leave which gives details of forthcoming food events at the Bistro.

Catering Services

Self Unlimited also offers an in-house catering service, which can be arranged in conjunction with the hire of our main hall for private parties and functions. Alternatively, we can provide out-house catering services for your personal or business events. Ask to speak to the Catering Manager to discuss your requirements.

Acorns

If you have enjoyed your visit to our Bistro, why not call in at Acorns as you leave? Our horticulture training centre grows and sells vegetables, herbs plus a range of other produce. *The green building technology involved in the establishment of Acorns won Self Unlimited a South East Development Agency Award – come and see for yourself.*

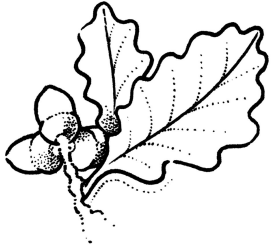


Self Unlimited is a national charity that provides a wide range of accommodation, training and tailored support services to people with learning disabilities to allow them to live a fulfilled life as independently as possible.

Operating across the country, the organisation provides services for many hundreds of people. With professional and dedicated staff teams, Self Unlimited is all about giving people with learning disabilities increased opportunities and choice, and is working towards the vision of a world that welcomes inclusion for all.

www.selfunlimited.co.uk

Self Unlimited is the operating name of Cottage and Rural Enterprises, a company limited by guarantee. Registered Charity No 250058.



Oak Tree Bistro

M E N U

Sandwiches

All sandwiches are served using fresh granary, white or speciality bread

Cheddar cheese and tomato	£2.50
Egg mayonnaise with rocket	£2.50
Ham and Kentish chutney	£2.95
Tuna, cucumber and mayonnaise	£2.95
Crispy bacon, lettuce and tomato	£2.95
Cream cheese and smoked salmon	£3.50

Hot Panini

Ham, tomato and cheese	£2.95
Tuna and cheese melt	£3.50
Brie with roasted vegetables	£3.50

Ploughman's Platter

Served with fresh, crusty bread, Kentish chutney and salad leaves

Honey roast ham	£4.50
Cheddar cheese	£4.50
Smoked mackerel	£4.50

Light Bites

Soup of the day served with warm bread roll **£2.95**

Smoked salmon and cream cheese on a toasted bagel served with fresh green salad **£3.95**

Three-egg omelette with a choice of filling and garnished with fresh salad leaves:

Ham	£4.25
Cheese	£4.25
Mushroom	£4.50

Jacket potato with a choice of filling and salad garnish:

Cheese and coleslaw	£4.00
Cheese and baked beans	£4.00
Tuna mayonnaise	£4.50
Prawns	£4.95



Main Dishes

In addition to our regular main dishes, please see our 'Specials of the Day' board

Three Kentish pork and hop sausages, served with creamed potatoes and onion gravy **£5.95**

Steak and kidney pie, made with puff pastry and served with potatoes, seasonal vegetables and gravy **£5.95**

Mushroom and spinach lasagne served with a seasonal salad and garlic and herb bread **£5.95**

Warm chicken Caesar salad, freshly cooked chicken pieces in a delicious Caesar dressing on a bed of crisp iceberg lettuce **£5.95**

Desserts and Pastries

Please see our 'Specials of the Day' board

Please ask our staff for our vegetarian options

Gourmet Coffees and Tea

The Oak Tree Bistro only uses 'Fair Trade' Coffee

Espresso	£1.25
Cappuccino, Latte, Americano, Mocha	£1.50
Breakfast tea	£1.00
Earl Grey, Assam, Jasmine, Blackcurrant, Mango, Peppermint	£0.90

Soft Drinks

Sussex Orchard Apple Juice	£0.95
Coca Cola	£0.95

Cakes

Coffee and walnut, carrot, lemon drizzle, Victoria sponge, chocolate, ginger, country	£1.00 per slice
<i>(Whole cakes can also be purchased)</i>	
Cheese or fruit scone	£0.75
Rock cake	£0.75
Home-made Vanilla Fudge	£1.95 per bag