

## 6<sup>th</sup> floor café @ 7 millbank breakfast bar

### Morning quencher ● 🌱 £1.15

with guest juice of the week

### Home-made fruit smoothies ● 🌱 £1.70

please ask for today's selection

### Home-made fresh fruit salad ● v 🌱 £2.20

### The yoghurt pot ● v £1.00

fresh fruit compote with low-fat natural yoghurt, muesli or granola

### Panini selection ●

Boiled egg & bacon £2.70 Bacon & sausage £2.95

Boiled egg, bacon, sausage & tomato £2.95

Bacon & avocado £2.95 Mozzarella, tomato & basil £2.70

### Poached eggs with toasted muffin £3.60 ● v

or try with Scrambled eggs £3.60 ● v

### 6<sup>th</sup> Floor Bagel selection ● v plain, poppy, sesame seed

with butter, honey, jam or cream cheese £1.05

## nibbles & bits

### Soup of the day ● v £1.80

check with your server if today's is suitable for coeliac/vegetarians

home-made soup of the day served with crusty bread

### Marinated olives ● 🌱 £1.60

served with sour dough bread

### Nachos with cheese ● v £2.10

with spicy tomato relish & spring onions

### Eastern Mediterranean platter ● v £5.70

stuffed vine leaves, falafel balls, spinach parcels with houmous & tabbouleh served with pitta

### Cocktail sausages ● £1.60

bowl of cocktail sausages with mustard & ketchup

### Bread portion ● v £0.70

## super salads & sarnis

### 6<sup>th</sup> floor green salad £3.60 ● v

Selected leaves with walnut & mustard dressing or try with:

Cajun chicken ● £5.95

Feta with orange segments ● v £5.40

Char-grilled Mediterranean vegetables ● 🌱 £4.10

### Side salads Tomato & red onion or mixed leaf £1.30 ● 🌱

### Toasted Sandwich ● £2.95

with smoked ham & cheddar cheese

### Tuna & cucumber Sandwich ● £2.70

Classic sandwich on sliced granary bread

### Poached eggs with toasted muffin £3.60 ● v

or try with:

Scrambled eggs ● v £3.60

Smoked salmon ● £5.95

Ham & hollandaise ● £4.05

Spinach & melted cheddar ● v £5.50

### Grilled halloumi cheese ● v £2.95

with red chard in a granary bag

### Club sandwich ● £4.55

with char-grilled chicken, streaky bacon, egg mayonnaise & tomatoes in toasted wholemeal bread

## hot stuff

### Chilli con carne ● £5.00

served with rice, sour cream & guacamole

### Margarita Pizza ● v £3.00

and you can add your own toppings, please see separate menu for options, prices range from £0.50-£1.50

### Pasta served your choice of sauce:

Lentil bolognese with chorizo ● £3.60 Chicken with chorizo ● £4.50

Arrabiatta sauce ● v £2.45 Pinenut pesto sauce ● v £2.85

### Omelette ● £2.85

plain, ham, cheese, mushroom or any of these combined, served with seasonal leaves

## naughty bits

### Fresh fruit crumble ● £2.20

with custard

### Home-made fresh fruit salad ● 🌱 🌱 £2.20

### Apricot tart ● £2.20

with summer berry compote

### Ice cream ● £2.20

choose from vanilla, strawberry or chocolate

**Allergy sufferers:** please inform a member of staff if you have a food allergy

low fat ● medium fat ● high fat ●

suitable for vegans 🌱 suitable for coeliacs 🌱 vegetarian option v

20 July 2009

## 6<sup>th</sup> floor café @ 7 millbank indulgent drinks

House of Commons Champagne  
by the bottle £26.00

House of Commons Mineral Water  
Sparkling or Still  
£0.55 500ml  
£1.00 litre bottle

Lager, by the bottle from £2.05  
check with your server for this month's promotion

Organic Lemonade, 250ml bottle £1.00  
Organic Ginger beer, 250ml bottle £1.00  
Organic Elderflower pressé, 250ml bottle £1.00  
Coke/Diet Coke, 500ml bottle £1.10

### white & rosé wine

House of Commons Chardonnay, France NV  
by the glass £3.00  
by the bottle £12.00

Dom des Herbauges Muscadet,  
Côtes de Grandlieu sur Lie, France 2006  
by the glass £3.30  
by the bottle £12.50

Domaine de la Genilotte Chablis, France 2006  
by the bottle £17.50

Tomassi Pinot Grigio Venetto, Italy 2006  
by the glass £3.60  
by the bottle £14.50

Wairau River Sauvignon Blanc, Marlborough,  
New Zealand 2006  
by the bottle £16.00

Cruz de Piedra, Garnacha Rosé,  
Spain 2007  
by the glass £2.60  
by the bottle £10.60

### red wine

House of Commons Claret, France NV  
by the glass £3.00  
by the bottle £14.00

House of Commons Pinot Noir, France NV  
by the glass £2.75  
by the bottle £11.00

Solabal Tempranillo Rioja Crianza, Spain 2004  
by the bottle £16.50

Tulbagh Merlot, South Africa 2006  
by the glass £3.00  
by the bottle £12.00

Fairvalley Pinotage, Western Cape, South Africa 2005  
by the glass £2.75  
by the bottle £11.00

*wine is served in 175ml glasses, unless stated otherwise*

### coffees & infusions

*soya, skimmed or semi skimmed milk is available*

#### speciality coffees

	small	medium	large
espresso	£1.00	£1.15	-
macchiato	£1.00	£1.15	-
americano	£1.05	£1.35	£1.65
cappuccino	£1.15	£1.45	£1.75
caffè latte	£1.15	£1.45	£1.75
caffè mocha	£1.15	£1.45	£1.75
hot chocolate	£1.15	£1.45	£1.75

#### fresh teas & infusions

	small	medium	large
tea/herbal infusions	£0.35	£0.45	£0.50
fresh lemon, ginger & honey		£0.45	
fresh mint		£0.45	

#### flavoured syrups

single/double shot £0.15/£0.25

### Opening times

(recess opening times may differ)

**Monday-Thursday**  
**Friday**

Breakfast  
Lunches & hot stuff  
Speciality coffees

**08:30-18:00**  
**08:30-16:30**

08:30-11:30  
12:00-15:00  
served all day