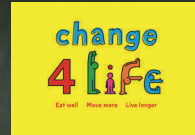


Would you like loads of ideas, recipes and games to help you and your family be healthier?

Joining Change4Life gives you loads of ideas to help you get going...

Register to get lots of support and free resources — visit the website:

<https://registration.change4life.co.uk/>



Ever thought about volunteering?

- Do something new!
- Meet new people, make new friends
- Be part of a team
- Increase your confidence
- Develop new skills
- Gain experience and improve your CV
- Join in some free training
- Spend quality time away from work or home
- Get to know your local community
- Give something back



****Ask at reception for details****

HealthWORKS Newcastle, Adelaide Terrace, Newcastle upon Tyne, NE4 8BE

Registered Charity no: 1040370 / VAT registration: 621476746

Company Ltd by Guarantee no: 2952583

'Better Health: Fairer Health' www.hwn.org.uk

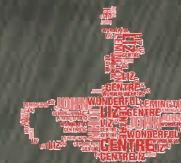
Patron: Professor Sir Michael Marmot



Liz's Cafe

Menu

Always fresh...



Opening Times
Monday to Friday

8am till 3pm

(Excluding Bank Holidays)



HealthWORKS
Newcastle



Until 11.30am:

Crumpets*, Toast* or Teacake*,
with Tea or Coffee.. only £1.50

From 11.30am:

Cake* or Scone* with Tea or
Coffee.. only £1.50

* Homemade 'Soup of the Day'
Served with bread roll.. only £2

Quiche with side salad only £2

Friday is 'Pie Day'
Corned beef & Potato Pie £2.50
Served with a salad garnish

Children's Special

Sandwich, drink & yogurt.. £2
Jelly pots.. 40p

Don't forget to check the Daily
Specials board

Sandwiches and Toasties

On white or brown bread
All sandwiches & toasties served with a
salad garnish or crisps

All subject to availability

	Sandwich	Toastie
Cheese	£2	£2.50
Ham	£2	£2.50
Tuna Mayo	£2	£2.50
Ham & Cheese	£2	£2.50
Cheese on Toast		£1.65

Each additional filling 30p onion or tomato

** BAPS with above fillings £1
(excluding garnish/ crisps)

Jacket Potatoes

Cheese / Beans / Tuna

Served with a salad garnish

One filling £2.30

Extra filling £0.50 each

Salads £2.20

Ham / Cheese / Tuna
(Iceberg lettuce, tomato, cucumber,
onion, mixed peppers)

Refreshments

Drinks

Cartons of Juice	£0.50
Bottled water	£0.60
Cans of pop	£0.70
Tea / Speciality Teas	£1 / £1.20
Instant coffee	£1.00
Cappuccino / Latte	£1.20
Hot Chocolate	£1.20

Snacks

* Fruit Scone & 1 Butter	£0.80
* Cheese Scone & 1 Butter	£0.80
* Cake	£0.80
* Crumpets (2)	£0.80
* Toast - White / wholemeal (2 Slices)	£0.80
* Toasted Tea Cake	£0.80
Fruit	£0.30
Jam Portion	£0.20
Extra butter	£0.10

Any item with * means the ingredients
may contain allergens

Wheat, Gluten & Dairy free bread
on request