

# WELCOME TO THE GARDEN CAFÉ

Opening Hours | 10am to 5pm | Seven days a week

Breakfast | 10am to 11.45am | Last orders | 11.30am

Lunch | 12 noon to 5pm | Last orders | 3.15pm

## OUR FOOD

We serve classic dishes and light bites created using fresh seasonal produce from local suppliers. As much of our food as possible is produced here at Stockwood Discovery Centre by our team of chefs, ensuring your finished dish is of the highest quality.

Throughout the year, we also create delicious daily specials using fresh produce grown here in our own gardens. Our hard-working gardeners pride themselves on growing Victorian heritage vegetables that directly link into the site's history including Golden Sunrise tomatoes, Crystal Lemon cucumbers, Golden Ball turnips and Bedford Fillbasket Brussel sprouts.

In our Dig for Victory WW2 garden, war time favourite varieties of Prizewinner runner beans, Snowball cauliflower and Golden Acre cabbage give an authentic feel and we've even had marrows growing across the top of the Anderson shelter, a practice encouraged by the government in WW2 to help camouflage the shelters from overhead German aircraft.

But we're looking to the future too. We've designed our very own Garden Café app to make ordering your food even simpler and quicker. Just visit the Apple App Store or Google Play Store, search for The Garden Café and get ordering!

## OUR SUPPLIERS

We support local growers and producers by buying locally wherever we can. But we don't stop there. We actively seek out suppliers who mirror our values; to be ethical, environmentally-friendly and nutritionally sound.

And we've found some excellent local companies out there. Our meat is supplied by Woburn Country Foods, our bread and rolls are freshly baked by Prudens in Markyate and our milk is from Eggington Dairies in Leighton Buzzard; and we're constantly on the lookout for more.

## OUR PLEDGE

We care about our staff, our customers and our environment. That's why we're making changes to what we offer and how we work, so we can create a relaxing, healthy, environmentally-friendly and sustainable offer for everyone. We're committed to reducing our carbon footprint by eliminating packaging and plastics wherever possible, recycling widely, composting as much as we can (even down to our coffee grounds!) and sourcing ethical products such as our plant-based material napkins. Please help us to make our Garden even greener.

The Garden Café and Stockwood Discovery Centre are operated by Luton Culture, an independent arts, culture and heritage charity. And you can rest assured that every pound you spend will be reinvested to help sustain and improve the offer at Stockwood and our other sites.

# THE GARDEN CAFÉ

## Breakfast

10am to 11.45am | Last Orders | 11.30am

**The Stockwood Full English** £7.25

A Woburn Country Foods breakfast sausage, two rashers of Woburn Black bacon, two hash browns, a fried free-range egg, grilled tomato, Heinz Baked Beans and a slice of toast (W, D, S, E)

*Gluten free? Switch to gluten free toast / Feeling healthy? Switch to a poached egg*

**The Veggie Full English (V)** £7.25

Two vegetarian sausages, two fried free-range eggs, two hash browns, grilled tomato, sautéed mushrooms, Heinz Baked Beans and a slice of toast (W, D, E)

*Gluten free? Switch to gluten free toast / Feeling healthy? Switch to a poached egg*

**The Vegan Full English (Ve)** £6.00

Two vegan sausages, three hash browns, grilled tomatoes, sautéed mushrooms, Heinz Baked Beans, and a slice of toast with vegan spread

*Gluten free? Switch to gluten free toast*

**Eggs Benedict** £6.50

Toasted English breakfast muffin topped with two poached local free-range eggs, Woburn ham and creamy homemade hollandaise sauce (W, E, D)

**Woburn Black Bacon Bap** £3.30

Two rashers of Woburn Black bacon served in a locally baked floured bap (W, S, D)

**Bedfordshire Breakfast Sausage Bap** £3.30

Two Woburn breakfast sausages served in a locally baked floured bap (W, S, D)

*Vegan/veggie? Switch to vegan or vegetarian sausages and vegan spread*

**Scrambled Eggs on Toast (V)** £3.20

Lightly scrambled free-range eggs on two slices of locally baked white, brown or granary toast (E, W, D)

*Gluten Free? Switch to gluten free toast*

**Beans on Toast (V)** £3.20

Heinz Baked Beans served on two slices of locally baked, white, brown or granary toast (G, D)

*Vegan? Switch to vegan spread | Gluten Free? Switch to gluten free toast*

**+ Breakfast Extras**

Woburn Black bacon @ £1 (S) | Woburn breakfast sausage @ £1 (W, S)

Fried free-range egg @ £1 (V, E) | Sautéed mushrooms £1.20 (V) | Vegan sausage @ £1

Veggie sausage @ £1 | Hash brown @ £1 | Extra toast @ £1 (W)

See our Sundaes + Sweet Things menu for our allergens key and information, or just ask your server

# THE GARDEN CAFÉ

## Lunch

12 noon to 5pm | Last orders | 4.30pm

Our chefs create delicious seasonal dishes using fresh local ingredients on a regularly changing basis. Check out our Specials menu for today's offerings.

- The Best Bacon Cheese Burger** £7.95  
*A locally sourced 6oz beef burger, topped with Woburn Black bacon, cheddar cheese, mayonnaise, lettuce & tomato and served with our signature chunky chips and homemade coleslaw (D, W, E, M, S, So)*  
*+ Add a free-range fried egg (E) a hash brown to your burger for £1 each Upgrade to Sweet Potato Fries for only £99p*
- Halloumi & Red Pepper Burger (V)** £7.50  
*Fresh grilled halloumi and roasted peppers served with our signature chunky chips and homemade coleslaw (D, E, W, So)*  
*+ Add a free-range fried egg (E) a hash brown to your burger for £1 each Upgrade to Sweet Potato Fries for only £99p*
- Prawn & Chorizo Linguine with Lime** £7.25  
*Succulent prawns and flavourful chorizo paired with fresh linguine and a hint of zingy lime to get your taste buds buzzing with pleasure (W, S,D,Cr)*  
*+ Add fresh sautéed spinach (V,D) for £1.25, freshly grated parmesan (D) for £0.50, and/or our ciabatta garlic bread (W, D) for £1.25*
- Stockwood Greek Salad (V/ Ve)** £6.20  
*Crisp lettuce, chopped plum tomatoes, cucumber and red onion with a light olive oil dressing, and topped with crumbled feta cheese and pitted black olives – this is our take on a classic (D)* *Vegan?*  
*Switch to Violife Vegan Cheese*  
*+ Add a freshly cooked Woburn Fine Foods free-range chicken breast for £2.30 or Woburn Black bacon for £1.95 (S)*
- Homemade Fishcakes of the Day** £7.50  
*Freshly made in our kitchen using sustainable fish and served with our signature chunky chips, a mixed salad and tartare sauce (D, E, W, M, F) Upgrade to Sweet Potato Fries for only £99p*  
*Check the Specials menu for today's flavour. (N.B. fish may contain small bones).*
- Hunters' Chicken** £7.80  
*Grilled Woburn Fine Foods free-range chicken breast topped with Woburn Black bacon, cheddar cheese and BBQ sauce, and served with our signature chunky chips and homemade coleslaw (D, E, W, S, M) Upgrade to Sweet Potato Fries for only £99p*

See our Sundaes + Sweet Things menu for our allergens key and information, or just ask your server

# THE GARDEN CAFÉ

## Light Bites, Sides + Snacks

12 noon to 5pm | Last orders | 4.30pm

### LIGHT BITES

**Homemade Soup of the Day (V/Ve)** £4.95

*Our soups are freshly made by our talented chefs, served with a freshly baked roll and butter and are usually veggie-friendly. (D, W)*

*Check the Specials menu for today's flavour*

*Vegan? Switch to vegan spread | Gluten Free? Switch to gluten free toast*

**Oven-Baked Jacket Potato (V)** £6.20

*Served with one choice of filling, butter (D) or vegan spread and a mixed side salad*

*Choose from: Cheddar cheese (D, V) | Heinz Baked Beans (V) | Homemade coleslaw (D, E, V)*

*Tuna mayonnaise (D, E, F)*

*+ Add extra fillings for £1.25 each*

**Freshly Grilled + Filled Panini (W)** £4.20

*Served with your choice of filling and a salad garnish*

*Choose from: BBQ chicken melt (D) | Brie & Woburn Black bacon (D, S) | Pesto & mozzarella*

*(E,N,D) Tuna Melt (D,E,F) | Gammon ham & Cheddar cheese (D) | Cheddar cheese (D)*

*+ Add extra Gammon ham or Tuna mayonnaise (D, F) for £1.25 and/or sliced fresh tomato or onion for 65p*

*+ Add our signature chunky chips to your panini for £1.75 Upgrade to Sweet Potato Fries for only £99p*

### SIDES + SNACKS

Homemade Hummus & Pitta (W, V, SS) £2.95

Homemade Coleslaw (D, V,E) £2.25

Mixed Side Salad (V, Ve) £2.45

Fresh Sautéed Spinach (V,D) £2.45

Ciabatta Garlic Bread (W, D, V) £2.45

Signature Chunky Chips (V) £2.45

Cheesy Signature Chunky Chips (V, D) £3.95

Sweet Potato Fries £3.45

See our Sundaes + Sweet Things menu for our allergens key and information, or just ask your server

# THE GARDEN CAFÉ

## For Your Little Gardeners

12 noon to 5pm | Last orders | 4.30pm

*All Little Gardeners meals include a labelled organic juice carton (orange, apple or tropical) or canned still or sparkling water*

### **The Best Beef Burger** £5.25

*A locally sourced 4oz beef burger in a roll, with our signature chunky chips and a salad garnish*

*(D, W, E, M, So)*

*+ Add Cheddar cheese (D) and/or a side of Heinz Baked Beans for 85p each*

### **Homemade Fishcake of the Day** £5.25

*A smaller portion of the adult fishcake served with our signature chunky chips and salad garnish*

*(D, E, W, M, F)*

*Check the Specials menu for today's flavour. (N.B. fish may contain small bones).*

### **Homemade Tomato Pasta** £4.85

*Our delicious homemade sauce has lots of secret hidden goodness (onions, carrots, celery and basil) all blended into a smooth tomato sauce and served over freshly cooked penne pasta*

*(V, W, C)*

*+ Add Cheddar cheese (D) and/or ciabatta garlic bread (W, D) for 85p each*

### **Half Jacket Potato (V)** £4.85

*Served with one choice of filling, butter (D) or vegan spread and a mixed side salad*

*Choose from: Cheddar cheese (D, V) | Heinz Baked Beans (V) | Homemade coleslaw (D, E, V)*

*Tuna mayonnaise (D, E, F)*

*+ Add extra fillings for 85p each*

### **The Discovery Box** £5.25

*Our delicious Discovery Boxes include your choice of sandwich from:*

*Ham (W, D) | Cheddar cheese (W, D) | Tuna mayonnaise (W, D, E, F) | Strawberry Jam (low sugar) (W, D)*

*+ a biscuit*

*+ a bag of Raisins*

*+ a bag of Pop Chips or Pom Bears*

*+ a labelled Fairtrade juice carton (orange, apple or tropical) or canned still or sparkling water*

See our Sundaes + Sweet Things menu for our allergens key and information, or just ask your server

# THE GARDEN CAFÉ

## Sundaes + Sweet Things

12 noon to 5pm | Last orders | 4.30pm

### SUNDAES

*All our deliciously naughty sundaes are made with dairy ice cream (egg free) and topped with whipped cream and a sugar cone wafer.*

**Black Forest** £4.80

*Black cherry compote, cubes of chocolate brownie and chocolate sauce (W, D)*

**Millionaires** £4.80

*Crushed shortbread, toffee sauce, chocolate fudge pieces and chocolate munchies (W, D)*

**Eton Mess** £4.80

*Strawberry coulis with crushed meringue (D)*

**Simply Sundae Best** £4.20

*Dairy ice cream drizzled with your choice of raspberry, strawberry, chocolate or toffee sauce (D)*

**Baileys Banoffee** (Over 18's only!) £5.50

*Fresh banana with toffee sauce, drizzled with Baileys Irish Cream and topped with chocolate fudge pieces (D)*

*+ Add Chocolate Munchies (D, W), Skittles or Oreo Biscuits (D, W) to any sundae for 79p each*

### SWEET THINGS

*We always have a range of cakes, biscuits and other delicious treats on offer so check out our goodies at the counter.*

### ALLERGEN INFORMATION

*We aim to provide a high quality, wide-ranging menu for all dietary requirements, so please do let your server know if you have any questions or concerns and we will be happy to help.*

(V) = Veggie friendly

(Ve) = Vegan friendly

*Dishes marked with the following symbols contain or may contain:*

(D) = Dairy                      (W) = Wheat/Gluten      (E) = Egg                      (S) = Sulphites                      (F) = Fish  
(M) = Mustard                      (C) = Celery                      (P) = Peanuts      (SS) = Sesame Seeds      (L) = Lupin  
(Mo) = Molluscs                      (Cr) = Crustaceans      (N) = Nuts                      (So) = Soya

*N. B. We don't include nuts in any of our dishes at The Garden Café, but we cannot guarantee that our food is nut or peanut free as it is produced in a kitchen which handles processed nuts*

# THE GARDEN CAFÉ

## Hot + Cold Drinks

### GRUMPY MULE COFFEE

*Our coffee is organic, Fairtrade and Rainforest Alliance Certified.*

Flat White	Medium £2.50
Americano	Medium £2.40   Large £2.80
Latte	Medium £2.70   Large £3.10
Cappuccino	Medium £2.70   Large £3.10
Mocha	Medium £2.90   Large £3.30
Hot Chocolate	Medium £2.80   Large £3.20

*Milk options | Whole milk, semi-skimmed, skimmed and soya milk at no extra cost.*

*All coffee can be served decaffeinated – just ask your server.*

### EROS TEA COMPANY TEAS

*Our teas are both organic and Fairtrade.*

English Breakfast	£2.00
Camomile	£2.00
Earl Grey	£2.00
Green Tea	£2.00
Red Berries	£2.00
Lemongrass, Ginger & Citrus Fruit	£2.00
Decaffeinated Tea	£2.00

*Milk options | Whole milk, semi-skimmed, skimmed and soya milk at no extra cost.*

### TAKEAWAY CUPS | WE'RE GOING GREEN

If you'd like to take your coffee away, just bring your own mug for us to fill, buy one of our new branded re-usable sustainable cups for just £1.50, or use a disposable cup for 25p. Help reduce our impact on the environment by avoiding disposable packaging where possible. Thank you.

### COLD DRINKS

Watergull Orchard's Locally Pressed Apple Juice from Wisbech, Cambridgeshire <i>Medium, Sweet, Apple &amp; Elderflower, Apple &amp; Ginger + Apple &amp; Raspberry</i>	£2.75
Heartsease Farm Drinks   <i>Ginger Beer, Orange Juice + Victorian Lemonade</i>	£2.50
Karma Cola (Fairtrade and organic)	£1.80
San Pellegrino cans   <i>Orange, Apple + Grapefruit</i>	£1.80
Cawston Press cans   <i>Rhubarb, Cloudy Apple, Ginger Beer + Elderflower Lemonade</i>	£1.70
Organic Juice cartons   <i>Orange, Apple + Tropical</i>	£1.10
Pepsi	£1.90
Pepsi Max	£1.70
Diet Pepsi	£1.70
Sugar Free Tango Orange	£1.70
7Up Sugar Free	£1.70
Sparkling or Still Water	£1.40

# THE GARDEN CAFÉ

## Beer, Cider + Wine

### BEER + CIDER

<b>Brooklyn American Ale</b> (355ml)   4.5% ABV <i>Perfect alongside pizza, burgers, spicy foods and sharp cheese</i>	£3.90
<b>San Miguel Gluten Free</b> (330ml)   5.4% ABV <i>Our favourite full bodied Spanish beer is suitable for coeliacs – hooray!</i>	£3.00
<b>Birra Poretti 4</b> (330ml)   5.5% ABV <i>Pale blonde Italian pils-style lager with an aromatic, citrusy taste and a hoppy finish</i>	£3.30
<b>Birra Poretti 6</b> (330ml)   7% ABV <i>Full-bodied beer with a toasted malt flavour and hints of caramel and liquorice</i>	£3.40
<b>Carlsberg Export</b> (330ml)   4.8% ABV <i>Classic full-flavoured lager</i>	£3.10
<b>Angry Orchard Cider</b> (500ml)   5.0% ABV <i>A bright, crisp, apple flavour, balancing sweetness and acidity and naturally gluten free</i>	£4.40

### WINE

*Whites, Rosés + Reds | 125ml glass @ £3.45 | 175ml glass @ £4.50 | 75cl bottle @ £15.95*

**White | Castillo de Piedra Viura Vin de la Tierra Castillo** | (12%) | Spain  
*A crisp, dry white with a delicately fruity palate and attractive floral notes*

**White | Lyric Pinot Grigio** | (12%) | Italy  
*A really characterful Pinot Grigio with tempting apricot, peach and melon fruits*

**Rosé | Brightside Zinfandel Rosé** | (10.5%) | USA  
*Intense, fresh and elegant, with red fruits and sour cherries*

**Rosé | Lyric Pinot Grigio Blush** | (12%) | Italy  
*A light and delicate Pink Pinot Grigio that's off dry on the palate*

**Red | Plate 95 Merlot** | (13%) | Chile  
*A fruity and spicy red with a nice balance of tannin, acid and alcohol on the palate*

**Red | Castillo de Piedra Tempranillo Do La Mancha** | (12%) | Spain  
*Light and fruity with soft red fruit flavours and a touch of spice on the finish*

**Fizz | Prosecco Viticoltori Ponte** | (11.5%) | Treviso, Italy  
200ml bottle @ £6.60 | 75cl bottle @ £22.50  
*Clean, dry and crisp, with a creamy finish*

# THE GARDEN CAFÉ

## Gin + Tonic

### GIN

*All prices include a tonic of your choice, and pairing notes are provided for the uninitiated.*

**Broker's Gin** | (40%) £4.80

*Made in a 200 year old still and quadruple distilled for a crisp, smooth taste*

The Stockwood Serve | Pair with Fever-Tree Indian Tonic and garnish with lime & star anise

**Bulldog** | (40%) £4.80

*With botanicals including dragon eye, citrus, poppy seed and a handful of juniper berries*

The Stockwood Serve | Pair with Fever-Tree Indian Tonic and garnish with fresh sliced orange

**Hendrick's** | (44%) £4.60

*Delightfully infused with cucumber and rose petal*

The Stockwood Serve | Pair with Fever-Tree Mediterranean Tonic and garnish with cucumber

**Tanqueray 10** | (43%) £4.70

*Clear and poignant juniper aromas with a light spice*

The Stockwood Serve | Pair with Fever-Tree Indian Tonic and garnish with basil & lime peel

**Warner Edwards' Rhubarb Gin** | (40%) £4.90

*Rhubarb juice blends with Harrington Dry Gin to produce a sweet and tangy rhubarb explosion*

The Stockwood Serve | Pair with Fever-Tree Indian Tonic and garnish with lemon and raspberries

**Gordon's Premium Pink Gin** | (37.5%) £4.80

*The refreshing taste of Gordon's with the natural sweetness of raspberries and strawberries*

The Stockwood Serve | Pair with Fever-Tree Tonic Mediterranean and garnish with fresh raspberries and strawberries

### FEVER-TREE TONIC

*With their carefully selected natural botanicals and perfect carbonation, we prefer to pair all our G+Ts with Fever-Tree Premium Tonic Waters. We even love them on their own as a sophisticated soft drink.*

**Premium Indian Tonic Water** £1.70

*Uniquely fresh tasting with subtle citrus notes*

**Naturally Light Tonic Water** £1.70

*An all-natural, low calorie tonic with 58% fewer calories than the Premium variant*

**Mediterranean Tonic Water** £1.70

*By using rosemary and lemon-thyme from the shores of Provence, Fever-Tree have created a unique tonic with a delicately sweet herbaceous taste*

**Lemon Tonic** £1.70

*Made by using only the finest Sicilian lemons – pair with your gin of choice to give it a supremely fresh citrus touch or enjoy on its own over ice*

# THE GARDEN CAFÉ

## FRESH HOMEMADE SANDWICHES

### Taste the Difference

Here at the Garden Cafe we produce Gourmet Sandwiches on our locally baked fresh sour-dough bread.

Our sough-dough has no added sugar, fat or preservatives and is baked daily by Prudens of Markyate.

You won't find sell by or use by dates on our Sandwiches as they will be prepared freshly every day.

Sandwich Choices will include

Woburn Black Ham with Mature Cheddar Cheese and Salad

Home-made Tuna Mayonnaise with Cucumber

Mature Cheddar Cheese with Red Onion Marmalade (V)

Sliced Avocado with Home-made Hummus and sliced tomato. (VE)

Home-Made Woburn Black Bacon and Free-Range Chicken with Stokes Real Mayonnaise

Takeaway Sandwiches will be wrapped in vegetable based compostable packaging to ensure we do everything we can to protect our environment.

Our Chefs will also be producing special sandwiches for you to try.

Takeaway Sandwiches £3.50

Eat in Sandwiches served with Pypers Salted Crisps £4.00

Avoid the Queues search and download



The Garden Cafe App

