

## Breakfast

<b>Toast</b> <span style="color: green;">v</span>	
1 slice with butter & preserve	50p
2 slices with butter & preserve	90p
<b>Danish Pastry</b> <span style="color: green;">v</span>	55p
<b>Teacake</b> <span style="color: green;">v</span>	
Lightly toasted teacake served with butter & preserve	£1.10
<b>Crumpets</b> <span style="color: green;">v</span>	
2 lightly toasted crumpets served with butter & preserve	£1.20
<b>All Day Bacon Sandwich</b>	
Hot rashers of crispy back bacon, served in a choice of fresh white or wholemeal bread. <span style="color: green;">v</span> Quorn bacon sandwich also available	£1.50
<b>All Day Sausage Sandwich</b>	
Slices of tasty pork sausage, served in a choice of fresh white or wholemeal bread. <span style="color: green;">v</span> Quorn sausage sandwich also available	£1.50
<b>All Day Sausage, Bacon &amp; Egg Sandwich</b>	
Served in a choice of fresh white or wholemeal bread.	
<span style="color: green;">v</span> All day Quorn sausage, bacon and egg sandwich also available	£2.20
<b>All Day Breakfast Bagel</b>	
A lightly toasted bagel filled with crispy bacon & egg (fried or poached)	£2.40

### All Day Breakfast - Served everyday\*

\* (only served between 8 & 11am on Sunday)

Choose from 5 items – bacon, sausage, egg (fried, poached or scrambled), beans, tomatoes, mushrooms, hash brown, black pudding. Includes a slice of toast with a pot of tea, filtered coffee or a glass of fruit juice.

£3.95

(v) All day vegetarian breakfast also available

## Bistro Specials

<b>Home-made Soup</b> <span style="color: green;">v</span>	
Fresh soup of the day served with warm roll & butter	£2.10
<b>Cottage Cheese &amp; Fresh Fruit Bagel</b> <span style="color: green;">v</span>	
A lightly toasted bagel topped with cottage cheese & pineapple, served with a fresh salad garnish & coleslaw	£2.35
<b>BLT</b>	
Hot crispy back bacon with lettuce & tomato with mayonnaise, in a choice of fresh white or wholemeal bread, served with a fresh salad garnish & coleslaw <span style="color: green;">v</span> Quorn BLT also available	£2.40
<b>Club Sandwich</b>	
A triple layered sandwich of chicken, bacon, lettuce & tomato with mayonnaise, between a choice of toasted fresh white or wholemeal bread, served with a fresh salad garnish & coleslaw	
<span style="color: green;">v</span> vegetarian club sandwich also available	£2.85

## Main Courses



<b>Battered Cod</b>	
Served with chips, peas & lemon wedge	£3.95
<b>Meat Lasagne</b>	
Layers of fresh lean mince beef in a herby tomato sauce, interleaved with lasagne sheets, topped in a creamy white sauce & grated cheddar cheese, served with garlic bread & salad garnish	
<span style="color: green;">v</span> vegetarian lasagne also available, served with Quorn mince	£3.95
<b>Roasted Vegetable Lasagne</b> <span style="color: green;">v</span>	
Layers of roasted vegetables in a herby tomato sauce, interleaved with lasagne sheets, topped in a creamy white sauce & grated cheddar cheese, served with garlic bread & salad garnish	£3.95
<b>Shepherd's Pie</b>	
Fresh lean mince lamb, with diced onions and carrots in a rich gravy, topped with fluffy mashed potato & sprinkled with cheese	£3.95
<b>Giant Yorkshire Puddings with Sausages &amp; Onion Gravy</b>	
Served with vegetables & mashed potatoes	£3.95
<b>Chicken Korma</b>	
Marinated chicken breast, cooked in a creamy coconut Korma sauce, served with boiled rice, poppadam & mango chutney	£4.25
<b>Vegetable Curry</b> <span style="color: green;">v</span>	
A vegetable curry made with tomatoes, onions, coconut & garlic, served with rice, poppadam & mango chutney	£4.25
<b>Scampi</b>	
Served with chips, salad garnish, garden peas & lemon wedge	£4.25

### Sunday Lunch

Choice of meats with all the trimmings	£4.95
Children's Sunday Lunch	£2.95

• We source all our vegetables from local suppliers where possible •

## Lite Bites

<b>Jacket Potato</b>			
Served with a fresh salad garnish & coleslaw with a choice of fillings:			
Hot Melted Butter <span style="color: green;">v</span>	£2.00	Cheese & Baked Beans <span style="color: green;">v</span>	£2.70
Baked Beans <span style="color: green;">v</span>	£2.40	Tuna & Mayonnaise <span style="color: green;">v</span>	£2.80
Cheese <span style="color: green;">v</span>	£2.50	Tuna & Cheese <span style="color: green;">v</span>	£2.90
Cottage Cheese <span style="color: green;">v</span>	£2.50	Prawns in Marie Rose <span style="color: green;">v</span>	£3.00
<b>Salads</b>			
Served with mixed leaves, tomatoes, cucumber, peppers, onions, sliced egg and coleslaw, with a warm bread roll or sliced bread & butter			
Cottage Cheese <span style="color: green;">v</span>	£2.25	Red Salmon <span style="color: green;">v</span>	£3.00
Sliced Chicken, Ham, Beef	£2.75	Prawns in Marie Rose <span style="color: green;">v</span>	£3.00
Tuna <span style="color: green;">v</span>	£3.00		
<b>Sandwiches</b>			
Served on a choice of sliced bread, bap or pitta, with a fresh salad garnish			
Egg Mayonnaise <span style="color: green;">v</span>	£2.00	Tuna & Mayonnaise <span style="color: green;">v</span>	£2.50
Cheese & Tomato <span style="color: green;">v</span>	£2.10	Prawns in Marie Rose <span style="color: green;">v</span>	£2.55
Sliced Ham, Chicken, Beef	£2.25	Red Salmon & Cucumber <span style="color: green;">v</span>	£2.65
Extra fillings - 30p each			
Cranberry, Pickle or Coleslaw			
<b>Homemade Omlette</b>			
Served with a fresh salad garnish & coleslaw			
Plain <span style="color: green;">v</span>	£2.00		
Extra fillings – 50p each			
Ham, Cheese, Peppers, Mushrooms, Tomatoes, Onions			
<b>Panini</b>			
Served with a fresh salad garnish & coleslaw			
Cheese & Tomato <span style="color: green;">v</span>	£2.40	Cheese, Ham & Tomato	£2.65
Cheese & Onion <span style="color: green;">v</span>	£2.40	Chicken, Bacon & Cranberry	£2.85
Sliced Ham & Tomato	£2.50	Chicken, Bacon & Brie	£3.00
Tuna Mayonnaise <span style="color: green;">v</span>	£2.50	Chicken, Bacon, Brie & Cranberry	£3.25
Tuna Melt <span style="color: green;">v</span>	£2.60		
<b>Children's Menu</b>			
<b>Children's Lunch Box</b>			
Sliced ham, tuna, cheese or egg sandwich on a choice of white or wholemeal bread, crisps, fresh fruit or yoghurt and a carton of juice or milkshake	£2.50		
<b>Children's Meals</b> (all served with chips or wedges plus salad, peas or beans)			
Pork Sausages	£2.35		
Fish Fingers	£2.35		
Breaded Chicken Goujons	£2.35		

## Desserts

Selection of small homemade cakes	From 75p
Soft scoop ice cream	£1.30
Selection of cold sweets from the chiller	From £1.95
Hot sponge puddings with chocolate, syrup or jam (all served with custard or ice-cream)	From £2.25

## Drinks

### Hot Drinks

Tea	£1.10	Regular Cappuccino	£1.40
Fruit Tea	£1.15	Large Cappuccino	£1.60
Filter Coffee	£1.20	Latte	£1.60
Espresso	£1.20	Hot Chocolate	£1.65
Americano	£1.20	Mocha	£1.80
Decaffeinated Coffee	£1.30	Luxury Hot Chocolate	£2.00

We also have a fine selection of wines, beers & soft drinks to enjoy



Why not add a bowl of chips or wedges to your order...

Bowl of Chips	£1.30
Bowl of Wedges	£1.50

## Frozen Take Away Meals

Try one of our fabulous new range of frozen ready meals. Specially made to take away and enjoy at home anytime!

Shepherd's Pie	£2.95
Meat or Quorn Lasagne (v)	£3.50
Roasted Vegetable Lasagne (v)	£3.50
Vegetable Curry & Rice (v)	£3.50
Chicken Korma & Rice	£3.50
Ocean Pie	£3.50

Simply order at the bistro

## See what else Belong has to offer...



### Fantastic Offers

On hair and beauty treatments. Please visit our hair salon for details.



### Exercise Studio

To find out more about activities and events taking place at the exercise studio please contact reception.



### The Venue

Hold your party, conference, meeting - in fact any event at The Venue. Please ask at reception for full details and availability.



Our WiFi Passcode is belongwifi



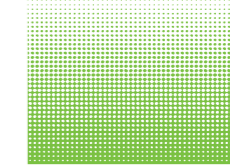
Your life, your pace, your way.

### Belong Atherton

55 Mealhouse Lane, Atherton, Greater Manchester M46 0EU

Telephone: 01942 898410

[www.belong.org.uk](http://www.belong.org.uk)



Bistro  
*Bistro*

**GOOD FOOD**  
**GREAT VALUE**



Open from 8 am - Everyday