



The Chrysalis is Camphill Milton Keynes Communities multi-functional venue. As well as running theatre workshops for people of all abilities, we can host fully-fledged theatrical productions, concerts, dance, cinema screenings, lectures, meetings and conferences of all kinds. This beautiful and adaptable space has raked seating for 200 and cabaret-style tables for 150. We can provide refreshments in the foyer, on-site catering from our Camphill Café... excellent technical facilities for lighting, sound and projection and more!

Please visit our website www.chrysalismk.co.uk to find out what's on.



Camphill Milton Keynes

Building Communities that live, work, learn and celebrate together.

Address: Camphill Café, Japonica Lane, Willen Park South,

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WELCOME TO CAMPHILL CAFÉ



MENU

Camphill Milton Keynes

Founded in 1981, Camphill Milton Keynes provides support and a meaningful working life for adults with a wide range of learning difficulties. Over sixty residents live together with in ten separate households. Together with employed staff they form a community of over one hundred people living on several sites within the neighbouring housing estates of Pennyland and Willen Park.

Our aim is to create a safe and stimulating environment, fully integrated into the surrounding community that allows individuals to develop in accordance with their own needs.

The Café is **open Monday to Friday 10am to 3.30pm**. The food we serve is vegetarian, freshly prepared on the premises and when available we use Camphill grown ingredients. The Café offers a peaceful atmosphere accompanied with good food and a first-class friendly service.

Our artisan Bakery supplies the Café with all its bread using organic flour. They also produce freshly baked cookies, cakes and a selection of breads and sour dough that is on sale in the café for you to purchase. Alongside this, our Garden produce of soft fruit, vegetable herbs and plants are sold for you to take home.

The Café is a Workshop for people with a wide range of abilities providing training in food preparation, food safety and customer care. We very much hope you enjoy coming to the café. You are invited to add your comments or suggestions to the Visitors' Book or speak directly to one of the team. If you would like more information about Camphill Milton Keynes Communities, please visit our website-

www.camphillmk.co.uk

www.facebook.com/camphillmiltonkeynes

Julia Funge – Day Opportunities Manager

Hot Beverages

| | |
|--|-------|
| Cappuccino or Latte | £2.50 |
| Americano or Espresso | £2.00 |
| Barley Cup (Caffeine Free)..... | £2.00 |
| Hot Chocolate | £2.50 |
| English Breakfast Tea..... | £1.75 |
| Earl Grey Tea..... | £2.00 |
| Selection of Fruit and Herb Teas | £2.00 |

Chilled Beverages

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|---|-------|
| Mineral Water –Sparkling..... | £2.00 |
| Organic Milk Shake – Chocolate, Strawberry or Banana..... | £1.50 |
| Organic Canned Lemonade, Cola or Cranberry | £1.80 |
| Organic Canned- Ginger Ale or Elderflower | £1.80 |
| Orange or Apple Juice..... | £2.50 |

Wine by the Glass£4.00

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|------------------------------------|
| Dry white, ABV 12% |
| Rose medium rose, ABV 12.5% |
| Red Wine- medium bodied– ABV 13.5% |

Real Ale (500ml)£4.00

Guest Beer from the Milton Keynes Concrete Cow Brewery – our range changes according to the latest brews. Ask staff for details. ABV variable.

Served from 10am to 3:30pm

Homemade Cakes from the Counter£2.80

Coffee and Walnut, Victoria Sponge, Chocolate Chip, Vegan Ginger Cake, Gluten Free, Lemon or Carrot and Walnut cake or Bakewell Tart

- Add custard or clotted cream£1.00

Cheese or Sultana Scone

- Served with butter and homemade preserve£2.50
- Add clotted cream.....£1.00

Tea Cake or Toast

- Served with butter and homemade preserve£2.50

Lunch Served Between 12 and 2pm

Sandwiches and Toasted Sandwiches£4.50

Create your favourite sandwich combination using the following

fillings:

| | | |
|--------|-------------------------------|----------|
| Egg | Mushroom Pate | Coleslaw |
| Onion | Sundried Tomato | Hummus |
| Cheese | Mixed Salad Goats Cheese | Brie |

The price includes up to two fillings any additional fillings will be charged at £1.00 each.

Customer Information

Food is freshly prepared on the premises. Wherever possible we use our own produce and ethically sourced ingredients. Please ask for dietary and allergen information for any of our products some of which contain nuts, gluten, seeds, egg and soya.

Lunch Served Between 12 and 2pm

Please see the Boards for Today's Lunch Specials

Seasonal Soup of the Day – served with Bread and Butter.....£5.00

Add a Side Salad.....£2.50

House Special – *see the board*– using our own Camphill Café creativity, and a little poetic licence, this dish incorporates the best of the season, and may include a selection of salad, fresh breads from our bakery, homemade pates, fine cheeses, eggs.....£7.50

Jacket Potatoes – a baked potato served with a salad.....£4.50

Add fillings from the list below.....£1.00 each

| | | |
|--------|-------------------|-------------|
| Egg | Mushroom Pate | Baked Beans |
| Hummus | Sundried Tomatoes | Brie |
| Cheese | Olives | Coleslaw |

Simply Salad – a large selection of salads with coleslaw,£4.00

Add toppings from the list below£1.00 each

| | | | |
|--------|---------------|--------------|-------------------|
| Egg | Mushroom Pate | Brie | Sundried Tomatoes |
| Cheese | Hummus | Goats Cheese | Olives |

Add Bread and Butter or Rice Cakes£2.50

Dessert of the Day– *see the board*.....£4.00