

## MILKSHAKES

- Choose your size ..... Regular **£3.25**  
..... Large **£4.25**
- Choose one flavour  
Additional chocolate bar ..... **£1.00**



## CHOCOLATES & SWEETS

Aero	Jaffa Cakes	Parma Violets
Aero Mint	Kinder Bueno	Oreo Cookies
After Eight	Kit Kat	Reese's
Bounty	Kit Kat Chunky	Rolo
Caramac	Lion Bar	Skittles
Cadbury's Creme Egg	Maltesers	Smarties
Cadbury's Flake	Maltesers White	Snickers
Cadbury's Fudge	Mars	Terry's Orange
Crunchie	Milky Bar	Toblerone
Curly Wurly	Milky Way	Twix
Dime Bar	Millions	Wispa
Dairy Milk	M&M's	Yorkie Bar
Ferrero Rocher	M&M's Crispy	Toffee Crisp
Flying Saucers	M&M's Peanut	Twirl
Galaxy	Munchies	

## SMOOTHIES

- One Flavour  
..... Regular **£3.25**  
..... Large **£4.25**  
Extra additional fruits  
..... **£1.00**  
Banana, Mango, Peach,  
Strawberry

## BOOSTERS

- Detox ..... **£1.50**  
Muscle Builder ... **£1.50**  
Wake up ..... **£1.50**

## FRUITS

- (Extra **£1.00**)  
Banana  
Mango  
Peach  
Strawberry



## Rich Blend

*From Gate House to Café!*

This unusual café offers you a great place to meet friends, enjoy good food and hold that all important meeting. With a jazz theme downstairs and a separate bookable space upstairs for private meetings, it has a lot to offer.

Choose from great coffee, sandwiches, a brunch or freshly cooked breakfast, milkshake, cake and ice creams.

### Opening hours

**Monday - Friday 7 am - 3 pm**

### DINE IN OR TAKEAWAY!

Ingredients are sourced locally, from small businesses in Hitchin wherever possible.

Contact us for that working lunch, business meeting or celebration event, buffets, hot food, drinks, you will be amazed at what we can do!

See in the café for more choices and our daily specials.

**The Gate House, Wilbury Way,  
Hitchin, Herts SG4 0TY**



Tel: **01462 442175**

Website: **www.rich-blendcafe.co.uk**

Please talk to staff regarding dietary needs, allergens and special requirements.



## ALL DAY BREAKFAST

All day breakfast ..... **£5.50**  
2 Cumberland sausages, 2 bacon,  
2 free range eggs, 1 toast.  
Choice of one of the following:  
beans, tomatoes, mushrooms

Or make your own ..... **£1.80**  
2 Cumberland Sausages ..... **£1.20**  
2 Bacon ..... **£1.20**  
1 Free Range Egg - fried, scrambled, poached ..... **£1.10**  
Beans ..... **£1.10**  
Tomatoes ..... **£1.10**  
Mushrooms ..... **40p**  
Toast and butter ..... **£1.50**  
2 Toast, butter, marmalade, jam or marmite ..... **£1.50**  
Extra Sachet of marmalade, jam or marmite ..each **50p**

## DAILY SPECIALS

Please see the Specials board for details

## SOUP OF THE DAY

Please see the Specials board for details ..... **£2.50**

## OMELETTES

Plain Omelette ..... **£3.80**  
Cheese, ham or mushroom omelette ..... **£4.50**  
additional topping ..... per portion **70p**

## BURGERS

Including tomato, lettuce and onion  
on all burgers and bun

1/4 pounder homemade beef burger ..... **£3.60**  
1/2 pounder homemade beef burger ..... **£4.75**  
Vegetable Burger ..... **£3.60**  
Chicken Burger ..... **£3.60**  
Cheese ..... extra **70p**

## JACKET POTATOES

Jacket potatoes including butter ..... **£4.00**  
served with your choice of either:  
Cheese, beans, homemade coleslaw, ham,  
chilli con carne or tuna

## CHILLI CON CARNE

Chilli con carne and rice ..... **£6.00**

## CARIBBEAN PATTIES

Caribbean patties ..... **£1.80**  
Beef, chicken, lamb or vegetable

## PANINIS / BAGUETTES

Panini or Baguette ..... **£3.00**  
choose from:  
Tuna Melt, Chicken, Bacon, Sausage, Falafel **V**  
for each additional item ..... **70p**

## SANDWICHES

Sandwiches ..... **£2.50**  
choose from white or brown thick cut bread  
Cheese, Ham, Egg mayo, Bacon, Sausage or Tuna mayo  
for each additional item ..... **70p**

## CHILDRENS MEAL

Breakfast - 1 sausage, beans, scrambled egg ... **£3.50**  
+ toast  
Two chicken strips, chips & beans ..... **£3.50**  
Ham, egg & chips ..... **£3.50**  
Pasta ..... **£3.50**

## SIDE DISHES

Chips ..... per portion **£1.70**  
Sweet Potato Fries ..... per portion **£2.00**

## SALADS

Salads ..... **£4.50**  
Choose from: ham, cheese, tuna or chicken

## VEGETARIAN

Vegetarian options include  
humus, feta cheese, falafel

**V**

## DESSERTS

Waffle, ice cream and sauce ..... **£4.00**  
Ice cream pots ..... **£2.50**  
Additional topping ..... **50p**  
Chocolate sauce, Flake, Maple syrup, Oreo,  
Marshmallows, Strawberry sauce, Toffee sauce

## DRINKS

Cans ..... **£1.00**  
Water ..... **£1.00**  
Tea ..... **£1.70**  
Espresso x 1 shot ..... **£1.30**  
Cappuccino ..... regular **£2.20** large **£2.65**  
Latte ..... regular **£2.20** large **£2.65**  
Americano ..... regular **£1.80** large **£2.40**  
Hot chocolate ..... regular **£2.50** large **£3.35**  
Extra marshmallow or whipped cream ..... **50p**  
Herbal tea ..... **£2.00**

We make and you enjoy!!!