



## MENU

*The Haybergill Centre. Hayber Lane,  
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*The Haybergill approach to food has an emphasis on fresh, healthy ingredients and where possible local seasonal produce is used in all our home cooking. In 2008 we built a polytunnel and are now growing much of our own vegetables and salad plants. Most of our recipes have been developed here at the Centre. There is always a large selection of vegetarian dishes and all are creative. We have also created our own cook book!*

*At Haybergill we believe in nurturing both the body and spirit in a holistic manner, thus meeting any group or individual medical needs is something we have grown to pride ourselves on. All we ask is that people let us know prior to arrival of anything we need to be aware of. Cooking without dairy, wheat, sugar, yeast, nuts or any combination of these is now almost second nature!*

*Our regular daily menu:*

*BREAKFAST is self-service and continental style - fruit salad, fruit juice, yoghurt, porridge, cereals, eggs and mixed breads are always available.*

*LUNCH - buffet style - menu changes daily and is created from our own unique cookbook. Home made vegetarian soup and breads are followed by a selection of vegetarian and salad dishes. Fresh fruit is always available.*

*EVENING MEAL - buffet style - changes daily and consists of two main vegetarian dishes, a potato or rice dish and an assortment of seasonal vegetables. This is followed by hot pudding, cold sweet and fruit salad.*

*At all meals we make enough of each dish so that everyone can 'have a go at everything' and respectfully ask everyone to ensure there is enough left for late comers!*

*SNACKS AND DRINKS: Teas, Coffees, fruit teas and fruit cordials available all day. Cake + Biscuits will be in left in tins daily.*

*We operate in a relaxed friendly manner. Guests are able to make drinks at all times. All we ask is that cups, plates etc. are returned to the designated table so we can put them through the dishwasher!*