



## To Barry - South Wales and beyond.

‘Travellers’ is a busy cafe on Barry Station providing supported vocational work experience, an outside catering service and sandwich delivery.

### Healthy eating lunch menu.... £4.50 per head

- Brown & white sandwiches .... [V] & [VG] options available
- Lightly salted crisps .... [V] & [VG] options available
- Mixed salad [VG] ....
- Homemade coleslaw [V] .... [VG] option available
- Rice salad [VG] ....
- Chocolate brownies .... [GF] option available
- Fresh fruit skewers [VG] ...

### Finger buffet .... £5.50 per head

- Brown & white sandwiches .... [V] & [VG] options available
- Lightly salted crisps .... [V] & [VG] options available
- Homemade coleslaw [V] .... [VG] options available
- Rice salad [VG] ....
- Smoked salmon & dill tarts .... [V] options available
- Spiced chicken drumsticks ....
- Homemade hummus with crudite [VG] ....
- Fresh fruit skewers [VG] ....
- Chocolate brownies .... [GF] option available

Gluten Free = [GF] vegetarian = [V] vegan = [VG]

t: 01446 730 792

f: 01446 700 524

e: [admin@mindinthevale.org.uk](mailto:admin@mindinthevale.org.uk)

Catering in Mind, 29 Tynewydd Road, Barry, CF62 8HB



**Fork buffet** .... £7.50 per head

- Lightly salted crisps ....[V] & [VG] options available
- Platters of sliced ham & roast beef
- Smoked salmon & dill tarts .... [V] tarts available
- Coronation chicken
- Homemade coleslaw .... [VG] option available
- Mixed salad [VG]
- Roast vegetable & rice salad with pesto [VG]
- Organic Welsh cheeses grapes & pickles [V]
- Freshly baked bread & butter

**Homemade cake platter** ... £2.50 per head

- Carrot cake [V]
- Chocolate brownies [V] .. [GF] option available
- Lemon poppy seed [V]....
- Welsh cakes [V]

**Non alcoholic drinks** .... £1.00 per head

- 500ml Water, Orange juice & Apple juice

Gluten Free = [GF] vegetarian = [V] vegan = [VG]

- **Minimum order 10 people**
- **Delivery charge outside 10 mile radius of Barry**

We are always happy to discuss your catering & dietary requirements, please contact us on:

**01446 730 792**  
**admin@mindinthevale.org.uk**

All proceeds go direct to Mind in the Vale  
and funding the café project.  
Reg. Charity 1066411  
Company Ltd 3180757  
e: admin@mindinthevale.org.uk