

6th floor café @ 7 millbank breakfast bar

Morning quencher ● 🍷 £1.10

with guest juice of the week

Home-made fruit smoothies ● 🍷 £1.65

please ask for today's selection

Home-made fresh fruit salad ● v 🍷 £2.10

The yoghurt pot ● v £0.95

fresh fruit compote with low-fat natural yoghurt, muesli or granola

Panini selection ●

Boiled egg & bacon £2.55 Sausage & tomato £2.55

Bacon & sausage £2.80 Boiled egg, bacon, sausage & tomato £2.80

Brie cheese & plum tomato ● v £2.80

Poached eggs with toasted muffin £3.45 ● v

or try with Scrambled eggs £3.45 ● v

6th Floor Bagel selection ● v plain, poppy, sesame seed

with butter, honey, jam or cream cheese £1.00

nibbles & bits

Soup of the day ● v £1.70

check with your server if today's is suitable for coeliac/vegetarians

home-made soup of the day served with crusty bread

Marinated olives ● vegan £1.50

served with sour dough bread

Bread portion ● v £0.70

Parliamentary Ploughman's ● v £3.60

traditional cheddar cheese ploughman's with crusty bread, pickles, celery & an apple, or try it with:

Oxford Blue £3.95 Somerset Brie £4.30

Eastern Mediterranean platter ● v £5.45

stuffed vine leaves, falafel balls, spinach parcels with houmous & tabbouleh served with pitta

Toasted Sandwich ● £2.80

with smoked ham and cheddar cheese

Cocktail sausages ● £1.50

bowl of cocktail sausages with mustard & ketchup

Spinach, feta, tomato, black olive tart ● v £3.05

served with seasonal leaves

super salads & sarnis

6th floor green salad £3.45 ● v

Selected leaves with walnut & mustard dressing or try with:

Cajun chicken ● £5.65 Goat's cheese ● v £5.45

Char-grilled Mediterranean vegetables ● vegan £3.90

Side salads Tomato & red onion or Mixed leaf £1.25 ● vegan

Club sandwich ● £4.35

with char-grilled chicken, streaky bacon, egg mayonnaise & tomatoes in toasted wholemeal bread

Poached eggs with toasted muffin £3.45 ● v

or try with Scrambled eggs £3.45 ● v Smoked salmon ● £5.65

Ham & hollandaise ● £3.85 Spinach & melted cheddar ● v £5.25

Prawns in 'marie rose' dressing ● £3.80

in a tomato & herb wrap

Grilled halloumi cheese with red chard ● v £2.80

in a granary bap

hot stuff

Chilli con carne ● £4.75

served with rice, sour cream & guacamole

Nachos with cheese ● v £2.00

with spicy tomato relish & spring onions

Kedgerree ● £4.75

smoked haddock cooked with basmati rice, curry sauce

Pasta served your choice of sauce:

Lentil bolognese ● v £2.70 Lentil bolognese with Chorizo ● £3.45

Arrabiatta sauce ● v £2.25 Pinenut pesto sauce ● v £2.70

Creamy salmon, lemon & broccoli ● £3.45

Omelette ● £2.70

plain, ham, cheese, mushroom or any of these combined

naughty bits

Fresh fruit crumble with custard ● £2.10

Home-made fresh fruit salad ● vegan 🍷 £2.10

Bread & butter pudding ● £2.10

Ice cream ● £2.10

choose from vanilla, strawberry or chocolate

16 Mar 09

Allergy sufferers - please inform a member of staff if you have a food allergy

low fat ● medium fat ● high fat ● suitable for vegans vegan suitable for coeliacs 🍷 vegetarian option v

6th floor café @ 7 millbank indulgent drinks

House of Commons Champagne
by the bottle £24.00

House of Commons Mineral Water
Sparkling or Still
£0.55 500ml
£1.00 litre bottle

Lager, by the bottle from £2.05
check with your server for this month's promotion

Organic Lemonade, 250ml bottle £1.00
Organic Ginger beer, 250ml bottle £1.00
Organic Elderflower pressé, 250ml bottle £1.00
Coke/Diet Coke, 500ml bottle £1.10

white & rosé wine

House of Commons Chardonnay, France NV
by the glass £2.60
by the bottle £10.50

Dom des Herbauges Muscadet,
Côtes de Grandlieu sur Lie, France 2006
by the glass £2.60
by the bottle £10.50

Le Mescladis Côteaux de Languedoc Rosé,
France 2006
by the bottle £12.00

Tomassi Pinot Grigio Venetto, Italy 2006
by the glass £3.00
by the bottle £12.00

Wairau River Sauvignon Blanc, Marlborough,
New Zealand 2006
by the bottle £15.00

Domaine de la Genilotte Chablis, France 2006
by the bottle £17.50

red wine

House of Commons Claret, France NV
by the glass £3.00
by the bottle £12.50

House of Commons Pinot Noir, France NV
by the glass £2.60
by the bottle £10.00

Solabal Tempranillo Rioja Crianza, Spain 2004
by the bottle £16.50

Tulbagh Merlot, South Africa 2006
by the glass £2.75
by the bottle £11.00

Fairvalley Pinotage, Western Cape, South Africa 2005
by the glass £2.75
by the bottle £11.00

wine is served in 175ml glasses, unless stated otherwise

coffees & infusions

soya, skimmed or semi skimmed milk is available

speciality coffees

	small	medium	large
espresso	£1.00	£1.15	-
macchiato	£1.00	£1.15	-
americano	£1.05	£1.35	£1.65
cappuccino	£1.15	£1.45	£1.75
caffè latte	£1.15	£1.45	£1.75
caffè mocha	£1.15	£1.45	£1.75
hot chocolate	£1.15	£1.45	£1.75

fresh teas & infusions

	small	medium	large
tea/herbal infusions	£0.30	£0.40	£0.45
fresh lemon, ginger & honey		£0.40	
fresh mint		£0.40	

flavoured syrups

single/double shot £0.10/£0.20

Opening times

(recess opening times may differ)

Monday-Thursday
Friday

Breakfast
Lunches & hot stuff
Speciality coffees

08:30-18:00
08:30-16:30

08:30-11:30
12:00-15:00
served all day