

SOCIAL HEALTH KITCHEN

The best place dine and support your local
community

BREAKFAST PRICE LIST

Full English Breakfast £5

Bacon, Sausage, Mushroom,
Tomato, Beans, Toast

Bacon Sandwich £2.50

Sausage Sandwich £2.50

Egg Sandwich £2.50

Additional items £0.25 each

SANDWICHES

Cheese £1.50

Ham £1.50

Cheese & Onion £1.50

Cheese & Pickle £1.75

Cheese Salad £1.75

Ham Salad £1.75

Egg Mayonnaise £1.75

Tuna Mayonnaise £1.75

Tuna Salad £1.75

DRINKS

Tea/Instant Coffee £0.90

Latte/Cappuccino £2.25

Americano/Flat White £2.00

Hot Chocolate £1.50

Cans £0.80

Water £1

Cartons £0.35

SWEET TREATS

We serve an array of homemade
cakes, scones, biscuits, pastries
and much more

Afternoon Tea services are
available with 48 hours notice
£5pp and at a discounted rate
for groups

LUNCH SPECIALS

Please see our specials
board for today's options

£4.50 for a main

£6.00 for a main and
dessert

The Canterbury Umbrella Centre is a Charity Community Centre that is open to everybody and particularly provides support to people with mental health problems. Umbrella is located in a purpose built centre designed as a place where people can come and feel welcomed and supported. We offer a variety of activities open to members and the public.

Our café is called The Social Health Kitchen. The Café provides freshly prepared food daily at an affordable price. All proceeds go back into our charity and helps to allow us to continue the work we do.

When dining in The Social health kitchen you are supporting a local charity as well helping to fight stigmas surrounding mental health.

To hear more about the work, we do please follow us on Facebook or Instagram @CanterburyUmbrellaCentre or visit our website.

THANK YOU FOR SUPPORTING US