

Lunch Club

Spending quality time with friends is so good for your mental health. And at Uppertunity, we are all about what is good for your mental and physical wellbeing. That's why we have our lunch club! Come join us on Tuesday's to Friday's, between 12pm and 1pm, and enjoy lunch with friends.

You can either bring your own lunch or order lunch from us. If you're ordering from us, please let us know by 11am so that we can prepare it. Either text or phone on 07931 560936. Also let us know so that we can manage numbers.

Pies & Toasties

MAC AND CHEESE PIE	£2.00
(GLUTEN, SOYA, COCONUT & MUSTARD)	
CHEEKIN CURRY PIE	£2.00
(GLUTEN & SOYA)	
BREAKFAST PIE (LAYERS OF A FRY UP)	£2.00
(GLUTEN & SOYA)	
CHEESE TOASTIE	£2.00
(GLUTEN & COCONUT)	
HAM & CHEESE TOASTIE	£2.50
(GLUTEN & COCONUT)	

Sparkling Cans

APPLE & RHUBARB	£1.50
ORANGE	£1.50
LEMON	£1.50
COLA	£1.50
APPLE	£1.50

Hot Meals.....

SOUP OF THE DAY (PLEASE ASK)	£1.00
(CELERY)	
BAKED POTATO WITH BEANS & CHEESE	£3.00
(COCONUT)	
VEGETABLE LASAGNA	£3.50
(GLUTEN, SOYA & COCONUT)	
MAC & CHEESE	£3.50
(MUSTARD, COCONUT)	
MIXED VEGETABLE INDIAN CURRY	£3.50
MIX VEG TORTILLA PIZZA	£3.00
(GLUTEN & COCONUT)	



To help create sustainable communities, our food is all plant based and we use donated food from local supermarkets as well as homegrown food. We also have fruit available for free.

Come and enjoy some time with friends, or even just peace from busy life.