




Named after the inspiring British-Jamaican nurse Mary Seacole (1805-1881), Seacole Social Café is a unique space in the heart of London, serving artisanal food and coffee roasted on site.

Hosted by the London School of Hygiene & Tropical Medicine, but open to members of the public, come in and enjoy your refreshments alongside the academics and students who frequent the cafe.

*The Seacole Social only uses eco-friendly cleaning materials & all of our take-away packaging is 100% recyclable*

**Monday to Friday  
8 AM - 4 PM**

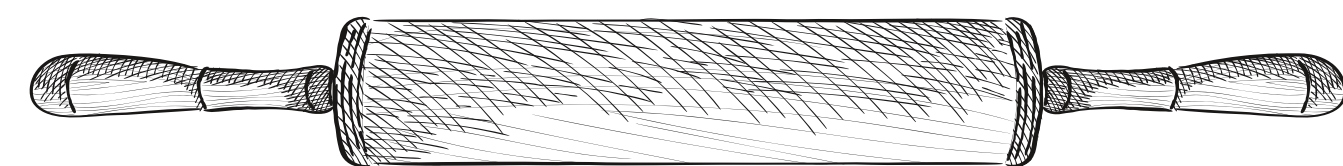
 @seacole.social  
lshtm.ac.uk/seacolesocialcafe

London School of Hygiene & Tropical Medicine  
15 Tavistock Place, London WC1H 9SH

<b>breakfast</b>	
baps & roll	2.25
<i>(bacon, sausage, omelette)</i>	
extra bacon, sausage, egg	0.95
plain croissant	1.40
danish	1.50
almond/chocolate croissant	1.45
toast & butter (2 slices)	1.20

<b>lunch</b>	
soup	2.75
bread roll	0.50
jacket potato	1.80
chips	1.50
<i>1/2 portion</i>	<i>0.80</i>
vegetables/beans/rice/potatoes	1.00
<i>1/2 portion</i>	<i>0.60</i>

<b>light bites &amp; extras</b>	
muffin, rock cake, scones	1.65
scone, jam & cream	2.50
flapjack/lemon drizzle/carrot cake	1.80
gateaux/brownie	1.95
jam/honey/marmite/marmalade	0.40
butter	0.20



*Check out our cold bars and fridges for  
\*individually priced items\**

## DAILY SPECIALS

Sept 17 - Sept 21

*Please order at the bar*

### Monday

2.75	tomato and basil soup (vg/gf)
5.25	salmon fillets with capers, tomatoes, white wine
4.00	spiced vegetable pilaf (vg/gf)

### Tuesday

2.75	West African peanut soup (vg/gf)
4.75	Jamaican mutton curry
4.00	South Indian vegetable curry (vg)

### Wednesday

2.75	carrot and coriander soup (vg/gf)
4.95	Spanish hake
4.00	spinach tian (v/gf)

### Thursday

2.75	leek and potato soup (vg/gf)
4.75	beef chili con carne
4.00	cauliflower, broccoli and red Leicester cheese bake (v)

### Friday

2.75	cream of onion soup (v/gf)
4.95	battered or baked cod
4.00	roasted vegetable and pesto pasta (v)

*(v) vegetarian (vg) vegan (gf) gluten free*

**Ask our staff if you have any concerns about allergens**