



7th Heaven Summer Menu

from 1st June

Please order your food and drinks at the counter

We're open 9:00am – 4.00pm every day except Tuesday

Breakfasts served 9:00am – 12.00pm, Lunch items 12.00pm – 3.00pm. Cakes always!

We pride ourselves on our fresh food which is locally sourced and prepared right here with our utmost passion and care

If you have any allergies or intolerances, please speak to us when ordering your food

01295 812880 / info@mach7bikes.com

www.7thHeavencyclecafe.com

Wifi: Log onto BanburyGolf_2GEXT, password: BanburyGolf2134

The Golf course and surrounding area is private – regretfully no dogs allowed on any surrounding land



BREAKFAST (9.00 – 12.00pm)

Heavenly Homemade Granola 4.25
with soft berries and thick Greek yoghurt (v)

Warm Porridge Oats 3.95
with chunky apple compote, locally sourced farm honey and super seeds (v)

Super Scrambled Eggs 6.45
Arlington rich-yoke free range eggs, with a touch of cream on toasted sourdough (v)

Add Sun Dried Tomatoes for £1.00
Add our crispy streaky bacon for £1.50
Add fresh Smoked Salmon £3.00

American Steak and Egg Breakfast 7.95
5oz 21-day matured Sirloin with 2 eggs, beans and tomatoes

Toasted Sourdough with Jam, Marmite or Marmalade 2.50

Pedal Power Bacon Sarnie 4.50
Toasted sourdough loaded with lean back bacon & homemade tomato relish

Toasted Sourdough with smashed avocado (v) 5.95
With sundried tomatoes and olive oil

Baked Beans on Sourdough Toast (v) 3.95

Gluten free bread option usually available (additional 75p)

SNACKS & SMALL BITES

Homemade Marmite and cheese infused pork sausage roll (from 10.30am) 2.80

Sundried Tomato and Hummus with vegetable crudités (v) 3.95

Sourdough Bread and olives with olive oil and balsamic 3.00

Sourdough Toast with beetroot and feta cheese 3.95



OUR LUNCH MENU (12.00 – 3.30pm)

Homemade soup with freshly baked bread (*see specials board*) 5.95

SALADS

Homemade Caesar Salad 7.50
Baby gem lettuce, croutons, anchovies, parmesan shavings, homemade caesar dressing

Butternut Squash and Lentil Salad (vegan) 6.95
With red onion, garlic, lemon, sage, mint, parsley and olive oil

Warm Goats Cheese Salad 8.95
Warmed goats cheese served on a bed of mixed leaves, tomatoes, cucumber walnuts and apple with olive oil and balsamic glaze

Warm Steak Tagliata Salad 10.95
Seared strips of sirloin steak, served on a bed of mixed leaves, red onions, tomatoes with mustard vinaigrette

Garden Salad 5.95
Mixed leaves, cucumber, tomatoes, apple, beetroot and pumpkin seeds with French dressing

Add any of the following options to your salads:

Feta Cheese	1.95
Seared Halloumi	2.95
Corn fed Chicken Breast	3.95
Chicken and Bacon	3.95
Prawns & Marie rose	3.95
Coronation Chicken	4.50

Freshly Toasted Paninis 6.50

All of our Paninis come with a salad garnish

Local butchers farm back bacon, brie and cranberry chutney

Homemade coronation chicken

Beefy tomato, feta and green pesto



Fluffy Jacket Potatoes 6.25

All of our potatoes come with a salad garnish

With prawns and omemade marie-rose sauce

Homemade coronation chicken

Baked beans and cheddar

CHILDRENS MENU

Cheese on Toast 2.00

Baked Beans on Toast (v) 2.00

½ Jacket Potato with Baked beans and Cheese 3.00

Spaghetti Bolognese 4.95

DESSERTS

J'affogato (requested by James) 4.50

Double espresso served alongside vanilla ice-cream (v)

With additional Disaronno shot add £2.50 (v)

Ice cream 2.50

Clotted cream vanilla ice cream served with a biscuit swirl (v)

Seasonal Fruit Salad 3.95

Mix of seasonal fruit in a light fruit sauce

Add a scoop of clotted cream vanilla ice cream for just £1.50

(v) vegetarian, (vg) vegan, (gf) gluten free, (n) contains nuts. Please ask a staff member if you have any food allergies



COFFEE AND SPECIALITY TEAS

Coffee from our glorious La Marzocco machine, amazing beans from The Roasting Party (we have skinny and decaf options, also soya, Almond or Oat milk, at a 75p sup.)

Espresso	2.20
Macchiato	2.30
Piccolo	2.50
Flat White	2.95
Cappuccino	2.95
Latte	2.95
Mochaccino (chocolate Latte, or with an additional espresso shot)	2.20 / 2.95
Long Black Americano (with or without milk)	2.30

Tea Lab Speciality organic Teas

English Breakfast Beautiful and clean leaf, with a smooth after taste	2.50
Pitch Black Infused with superfood cocoa nibs, also available as a latte with chocolate sprinkles	3.35
Blue Grey Light citrus notes Earl Grey, smooth, light and mellow	2.95
Dreamcatcher Cinnamon and vanilla Rooibos tea from South Africa, great for the skin Won the Carlsberg food and drink award. (contains nuts, 85% organic)	2.95
Racing Green Herbal peppermint, decaffeinated, great for your digestion, lovely with honey	2.95
Rise and Shine Organic lemongrass infused green tea – the purest tea with health benefits. Low caffeine	2.95

See specials board for additional teas



Beverages

Blenheim Spring water 330ml Still or Sparkling	1.00
Blenheim Spring water 75cl Still or Sparkling	2.25
Frobishers Juices (Orange, Apple or Cranberry) 250ml	2.20
Coca Cola / Diet Cola 200ml/330ml bottles	1.25 / 2.20
Schweppes Lemonade 330ml	1.50
Fentimans Ginger Beer 275ml	2.50

Bottled Beers, Lager and Cider

Hooky, 3.5% by volume, 500ml	3.50
Hooky Gold, 4.1% by volume, 500ml	3.50
Cotswold Pale Ale, Hook Norton, 4.4%, 330ml	3.25
Old Hooky, 4.6% by volume, 500ml	3.50
Haymaker, Hook Norton, 5.0%, 500ml	3.65
Flagship, Hook Norton, 5.3%, 500ml (special price)	3.65
Peroni Italian Lager, 5.1%, 330ml	2.95
Leffe Belgium beer, 6.6%, 330ml	3.50
Desperado with Tequila, 5.9%, 330ml	4.95
Guinness, 4.1%, 440ml	3.95
The 3Cs Vintage Cider from Halse, 6.0%, 500ml	3.65

Our Wines

Whites

	125ml	175ml	250ml	Bottle
Malandrino Pinot Grigio (Italy) Clean and elegant with flavours of pear, stone fruit and lime	3.50	4.50	6.50	18.00
Rocca Murer Pinot Grigio (Italy) From Trentino foothills with flavours of peach and apple				21.00
Surani Fiano (Italy) Aromatic notes with fresh crispy acidity	3.75	4.75	6.95	19.00
Chain Reaction Chardonnay (California) Soft rounded, with characteristics of cooked apple and underlying notes of vanilla				20.00
L'abeille, Picpoul de Pinet (France) Bright and vibrant, full of lively lemon fruit and lime zest flavours				21.00
Fernlands, Sauvignon blanc (NZ) Refreshing gooseberry mingled with mango and guava	4.50	6.00	8.00	22.00

Rose

Chateau St. Hippolyte Provence (France) Elegant aromas of roses and red fruit, full bodied with a long finish	4.50	5.50	7.50	20.00
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Reds

Morellino Di Scansano (Italy) Light warm rounded perfect red with soft notes	4.75	6.50	8.25	23.00
Pavillion des Trois Arches, Merlot (France) Plum and cedar notes, richly flavoured	3.50	4.50	6.50	18.00
Chain Reaction Zinfandel, (California) Spicy wood, liquorice and raspberry notes create a special wine				20.00
Capillo de Barro Malbec (Argentina) Plum and bramble, delivers a wave of ripe fresh black fruit and mocha	4.50	6.00	8.00	22.00
Baron de Ebro, Rioja Reserva (Spain) Luscious bramble fruit with a hint of spice, and herbaceous notes				24.00

Sparkling

Corte Alta, Prosecco (20cl) Italy – enough for a cheeky fizz				6.50
Corte Alta, Prosecco (75cl) Italy				19.50



ABOUT 7th HEAVEN...

7th Heaven Café was conceived by Carmen and Jon, who have a passion for great food and cycling. This passion turned into our café and our amazing bikes you'll see in the showroom as you enter our café.

We've tried to combine our experience to produce the highest quality healthy food, into a place that is warm, sociable and fun. You'll see a collection of cycling regalia in the roof beams and on the walls, but we're mainly here for local folk. Whether you love cycling or would never dream of getting on a bike, we hope there's something here for you.

All of our food is cooked by our team freshly. We reject anything we wouldn't eat ourselves and pride ourselves in healthy wholesome foods, with nothing deep fried to clog the arteries. For us, and hopefully you, it's all about healthy living, feeling great and loving life.

If you love what we do, please leave a review on Google or Facebook. If we don't come up to your high standards, then please let us know, so that we can put it right for you.

***Ask us about our special evenings and events we put on:
Evening themed menus, a gin festival, music events, etc.***

Other stuff we do from here (please see noticeboards or just ask us)

Mach7 Bikes UK Showroom – outstanding carbon road bikes from £2,500

Cycle Accessories – we keep a stock of essential cycling 'must-haves'

Workshop – servicing and repairs to road bikes at reasonable rates

Cycling Events – Sunday ride-outs, Wednesday Mach7 fast laps

Fitness Studio – weekly Yoga, Pilates, Personal Training & Pole dancing exercise

Local Meetings – Business Club, Card making, Wreath making, etc.