

CONTINENTAL

Patisserie	
Croissant with butter and preserve	2.95
Pain au chocolate	2.95
Pain au raisin	2.95
Fruit danish	2.95

Toast	2.25
With butter and preserve. Sour dough, granary, white, bagel, gluten free	

Healthy or naughty	
Porridge	4.95
Fruit salad	5.95
Granola	5.95
Buttermilk Pancakes	6.95

Served with Greek yoghurt and honey or berry compote

EGGS

Scrambled or poached	5.25
With sour dough, granary, white, bagel, gluten free	

Plain 3 egg omelette with salad	6.50
Extra filling of choice – cheese, mushroom, peppers, tomato, onion @ 50p each	

MELTS

Cheese and tomato	6.25
Bacon and cheese	6.95
Sausage and cheese	6.95
Tuna mayo and cheese	6.95
Bacon or sausage	4.95

Served with granary white bread or ciabatta, with salad & crisps
Gluten free option available

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BREAKFAST

English	8.95
Cumberland sausages/ veg sausage, eggs of choice, bacon, mushrooms & grilled tomato, hash brown and beans	

South African	8.95
South African beef & lamb sausage eggs of choice, bacon, mushrooms & grilled tomato, hash brown and beans	

Israeli	8.95
Eggs of choice, smoked salmon, halloumi, avocado, Israeli salad served with pita	

East End	7.95
Poached eggs with smoked salmon on toasted sour dough	

Shoreditch	7.95
Poached eggs with crushed avocado on toasted sough dough	

Buck Rarebit	7.95
Strong melted cheese, marinated with Worcester sauce and mustard, with poached eggs on toasted sour dough	

Benedict	7.95
Toasted English muffin, poached eggs, bacon and hollandaise	

Florentine	7.95
Toasted English muffin, poached eggs, spinach and hollandaise	

Fields	7.50
Whipped feta, honey with sauted field mushrooms on toasted sour dough	

Middle Eastern	9.95
Shakshuka, tomato, onions, peppers and eggs, baked in the oven with toasted sour dough	

Breakfast Quesadilla	7.95
Sausage, bacon, mushroom and cheese, served with salad and crisps	

COLD DRINKS

Fentimens 3.95

Victorian lemonade, Pink lemonade, Wild English
Elderflower, Mandarin and Seville jigger

Bottled Coca Cola 2.75

Bottled Diet Coke 2.75

Small bottle water 1.95

Large bottle water 2.95

Kids Apple Juice 1.75

Fresh Fruit Juice 2.95

Orange, carrot or apple

Thick Milkshake 3.95

Chocolate, strawberry or banana
Extra chocolate +£1.00

Milkshake Specials 4.95

Crunchie, Mint Aero, Maltesers or Kitkat

Fresh Fruit Smoothies 3.95

mixed berry, strawberry & banana, tropical or
healthy green

Iced Coffee 3.50

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HOT DRINKS

Americano 1.90/2.25

Cappuccino 2.10/2.50

Latte 2.50

Espresso 1.90/2.20

Mocha 2.50

Hot chocolate 2.35

Extra shot 30p

Loose leaf breakfast tea 2.25

Fresh loose leaf herbal tea 2.25

Green, camomile, earl grey, mint, blackcurrant

Soya milk available 30p

TOULOUS *Hampstead*

LUNCH AND DINNER

SERVED FROM 11.45 TILL LATE

BREAD & SMALL PLATES

Fresh toasted sourdough V With olive oil and balsamic	3.95
Marinated olives V	2.95
Giant green gordal olives V	3.95
Tortilla chips V With tzatziki, hommus, salsa	3.50
Hummus and tzatziki V With carrot and cucumber sticks	4.25

Soup of the day V Please see board	5.25
Wild Mushroom Risotto Balls V In penko breadcrumbs, rocket salad & garlic mayo	5.95
Gravadlax Cucumber salad, mustard dill sauce & toasted sourdough.	6.95
Crispy Duck Rocket, cucumber, cherry tomatoes, spring onion with a soya honey dressing	6.95

STARTERS

Crab avocado & mango stack Lump crab meat tossed in remoulade layered with avocado, mango. Served with toasted sourdough	7.95
Marinated bbq Chicken Wings With dipping sauce & rocket	5.95
Mozzarella sticks V Served with rocket & Napoli sauce	5.95
Calamari Bread crumbed with rocket and tartare sauce	6.25

MEZZE

Toulouse mezza board for two 10.95
Falafel, tzaziki, hommus, taramosalata, olives, couscous, grilled halloumi, wholemeal pitta

BURGERS & GRILL

Toulouse burger Brioche bun with relish, mayo, tomato, lettuce & coleslaw Cheese 1.00p, Bacon 1.50p	8.95
Chicken fillet burger Brioche bun with relish, mayo, tomato, lettuce & coleslaw Cheese 1.00p, Bacon 1.50p	9.95
Halloumi and hummus V Brioche bun with grilled halloumi, hummus, lettuce, roasted peppers, sweet chilli sauce & yogurt	8.95
Salt Beef Our famous salt beef served with a pickled cucumber, coleslaw & salad	12.95
Chicken Shish Marinated chicken cubes served with bulgur	10.95
Salmon Teriyaki Fresh salmon served in a Japanese style teriyaki sauce with broccoli & Jasmine rice	13.95

Fish & Chips Beer batter cod with chips, mint pea puree & tartare sauce	10.95
Fish Cake Salmon and cod fish cake served with spinach, poached egg, and hollandaise sauce	11.95
Ribeye Steak 10oz char grilled ribeye steak, served with fries & rocket salad	18.95
Sirloin steak 10oz grilled steak served with fries & rocket salad	17.95
Thai Green chicken curry sugar snap peas, peppers coconut milk served with jasmine rice	10.95
Stir fried vegetables V Broccoli, green beans, mushrooms, pepper, baby corn tossed in a wok. Served with rice	9.95

PASTA

Penne Napoli V Rich homemade tomato sauce, fresh chilli & fresh basil. Add fresh chilli 50p	7.75
Penne Toscana V Sundried tomato pesto, peppers and artichokes	10.95
Spaghetti Carbonara Classic carbonara sauce with cream, egg, parmesan & pancetta	10.25
Spaghetti Bolognese Homemade traditional Italian meat sauce	9.25
Penne Pesto e Pollo Chicken, olives, cream, basil & pesto	10.95
Tagliatelle Funghi V Mushrooms, spinach & cream	10.25

SIDES

French Fries	2.95	Pickled Cucumber	1.95
Sweet Potato	3.95	Mixed Salad	3.95
Fat fries	3.95	Onion Rings	3.95
Coleslaw	2.95	Market Veges	2.95

MEDITERRANEAN WRAPS

All served with salad & crisps

Toulouse Club Sandwich Three slices of toasted granary bread layered with chicken, mayo, avocado, crispy bacon & lettuce	8.95
Toulouse Steak Wrap Thinly sliced sirloin steak, caramelised onions, lettuce & mustard mayo	8.95
Toulouse Hot Dog 12" frankfurter served in a long bun with caramelised onions	7.95
Boerewors Wrap Beef & lamb sausage served in a wrap with salad, caramelised onions & mustard mayo	8.95
Toulouse Chicken Schnitzel Wrap Chicken schnitzel, hummus & Israeli salad	8.95

Salmon Caesar Wrap Char grilled salmon, cos lettuce, avocado parmesan & Caesar dressing	10.95
Chicken Caesar Wrap Char-grilled chicken, cos lettuce, avocado, parmesan cheese & caesar dressing	9.95
Roasted vegetable Wrap V Selection of roasted vegetable, goat's cheese & rocket	8.95
Falafel V Marinated chickpeas served in a warm tortilla wrap with hummus and salad	7.95
Tricolore Mozzarella, fresh tomato, avocado & pesto toasted on ciabatta	7.95

Tuna Melt Plain tuna, sun-dried tomatoes & melted mozzarella toasted on ciabatta	7.95
Salt Beef Our famous salt beef piled high with mustard on rye bread	10.95
Smoked Salmon & Cream Cheese On a delicious open toasted bagel	7.95
Pesto Wrap Chargrilled chicken, avocado, spinach pesto & olives	9.95

SALADS

All served with dressing

Toulouse House Salad Avocado, bacon, chicken, egg, rocket & parmesan cheese, served on a bed of mixed leaves	10.95
Chicken Caesar Char-grilled chicken, cos lettuce, parmesan cheese & roasted croutons.	10.25
Salmon Caesar Char-grilled salmon, cos lettuce, parmesan cheese & roasted croutons.	11.50
Nicoise Flaked tuna, olives, sliced egg, french beans, new potatoes & mixed leaves	10.95
Caprino V Goat's cheese, roasted peppers, cherry tomatoes, caramelised onions & mixed leaves	10.25

Roasted Vegetables V Selection of marinated roasted vegetables served on a bed of spinach & rocket leaves	10.95
Superfood Salad V With Quinola, butternut squash, feta, broccoli, pomegranate, avocado, pistachio. Served on spinach and rocket.	10.95
Salmon & Cottage Cheese Smoked salmon, cottage cheese & avocado served on a bed of mixed leaves	10.95
Tricolore Salad V Fresh buffalo mozzarella, tomato, avocado & onion served on a bed of mixed leaves	9.95
Bosco Salad V Warm mushrooms, fresh buffalo mozzarella, sun blushed tomatoes, avocado served on a bed of rocket and spinach	10.95

BAKED POTATOES

All served with salad

Cottage Cheese V	7.95
Cheese V	7.95
Baked Beans V	7.95
Cheese & Crispy Bacon	8.95
Cheese & Baked Beans	8.95
Tuna Mayo	8.95
Coleslaw V	7.95
Bolognaise	9.95
Roasted Vegetables V	10.95

TOULOUS *Hampstead*

Mojito 5.95
A refreshing, summery blend of rum, mint,
lime and soda

Classic Bloody Mary 5.50
Spiced tomato juice, vodka

Aperol Spirits 5.95
Bittersweet aperitif with prosecco and orange

DRINKS

(g)175ml glass (b)bottle

WHITE

Tarabilla, Blanco, Spain 2013/4 Easy drinking & very refreshing	5.95(g) 17.00(b)
Pinot Grigio, Galassia, Italy 2013 Perfect for everyday drinking by the glass or with light dishes	19.00(b)
CheninBlanc, The War Horse, South Africa 2013/4 South Africa has a reputation for top quality Chenin, exactly because of wines like this	22.00(b)
Sauvignon Blanc, 3 Wooly Sheep, Marlborough, NZ 2013/4 One of the first advocates of the benefits of screwcap closure. It is this sort of innovative thinking that makes them one of the most progressive wineries in the region today	26.95(b)
Chablis, Louis Robin, France 2012 High quality Chablis that could easily be mistaken for a premier cru	30.00(b)

SPARKLING

Prosecco Frizzante, Enrico Bedin, Italy NV Fresh, crisp & subtle citrus fruit flavours	6.95(g) 25.00(b)
Champagne, Gaston Dericbourg, France NV Dom Perignon worked in the cellars - it is believed that part of the discovery of champagne happened at Champagne Gaston Dericbourg!	40.00(b)

BEER & CIDER

Peroni 330ml	3.95
Corona 330ml	3.95
Premium Cider 500ml	4.95

RED

Solano, Tinto, Spain 2013/4 Try this wine for great glass midweek with dinner	5.95(g) 17.00(b)
Merlot, Goleta, Chile 2013 From the vineyard in Chile to the UK where it is bottled, making this not only a smooth and lighter red but also extremely environmentally friendly	19.50(b)
Malbec, Valcheta, Argentina 2013 Fresh, juicy & intense berried fruit flavours	22.95(b)
Rioja, Lacrimus, Spain 2013 Really easy drinking & traditionally oaky, try me with most dishes	24.95(b)
Pinot Noir, The Crusher, California, USA 2012 Packed with juicy red fruits & slightly smoky, huge quality at such a good price!	29.00(b)

ROSÉ

Mas de la Source, Reserve Rosé, France 2013 A delicate blend of grapes makes for the perfect rosé for all occasions	5.95(g) 17.95(b)
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SPIRITS

	25ml	50ml
Bombay Sapphire	2.95	4.95
Absolut Vodka	2.95	4.95
Black Label Whiskey	2.95	4.95
Jack Daniels	2.95	4.95
Bacardi	2.95	4.95
Mixes @ 1.25		

COLD DRINKS

Fentimens	3.95	Kids Apple Juice	1.75
Victorian lemonade, Pink lemonade, Wild English		Fresh Orange juice	2.95
Elderflower, Manadarin and Seville jigger		Fresh carrot juice	2.95
Bottled Coca Cola	2.75	Fresh apple juice	2.95
Bottled Diet Coke	2.75	Kids Apple Juice	1.75
Small bottle water	1.95	Thick Milkshake Chocolate, strawberry or banana	3.95
Large bottle water	2.95	Milkshake Specials Crunchie, Mint Aero, Maltesers or Kitkat	4.95
Still or sparkling water	1.95	Fresh Fruit Smoothies (ask for menu)	3.95
Still or sparkling water large	2.95	Iced coffee	3.95

HOT DRINKS

Americano	1.90/2.25	Hot chocolate	2.35
Cappuccino	2.10/2.50	Extra shot	.30p
Latte	2.50	Soya milk available	.30p
Espresso	1.90/2.20	Fresh Loose Tea	2.25
Macchiato	1.95/2.25	Breakfast tea, Green tea, Camomile, Earl Grey, Fresh mint, blackcurrant, rooibos	
Mocha	2.50		

All our dishes are prepared in kitchens where nuts, flour, etc are commonly used so unfortunately we cannot guarantee our dishes will be free of traces of these products.
Olives may contain stones. Fish and meat may contain bones. All dishes may contain items not mentioned in the menu description.
All prices include vat at the current rate. All tips paid in cash are retained by waiters and these are shared by them with other employees.

TOULOUS *Hampstead*

DESSERTS

California Carrot Cake 5.95 Californian recipe with a cream cheese frosting & toasted coconut, served with vanilla ice cream	Gluten Free Lemon Cake 5.95 Homemade lemon, almond & polenta cake, served with vanilla ice cream
Hot chocolate fondant 6.95 Chocolate fondant, served with vanilla ice cream	Cheese cake 5.95 Plain baked New York cheese cake, served with vanilla ice cream
Apple Crumble 5.95 Warm pastry base with fresh apples & a crumble topping, served with vanilla ice cream	
Banoffee tart 5.95 Pastry base lined with chocolate, sliced banana & toffee mix, served with vanilla ice cream	
Brownies 5.95 Warm triple dark chocolate square, topped with chocolate ganache and served with vanilla ice cream	

ICE CREAM

Chocolate, Vanilla or Strawberry

One scoop 1.50

Two scoop 3.00

Three scoop 4.50



<https://twitter.com/CafeToulouse>



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TOULOUS *Hampstead*

COLD DRINKS

Fentimens 3.95
Victorian lemonade, Pink lemonade, Wild English Elderflower,
Manadarin and Seville jigger

Bottled Coca Cola 2.75

Bottled Diet Coke 2.75

Small bottle water 1.95

Large bottle water 2.95

Kids Apple Juice 1.75

Fresh Fruit Juice 2.95

Orange, carrot or apple

Thick Milkshake 3.95

Chocolate, strawberry or banana

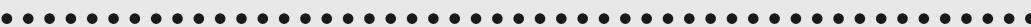
Milkshake Specials 4.95

Crunchie, Mint Aero, Maltesers or Kitkat

Fresh Fruit Smoothies 3.95

An exotic blend of cleansing fruits and berries

Iced Coffee 3.95



HOT DRINKS

Americano 1.90/2.25 Macchiato 1.95/2.25

Cappuccino 2.10/2.50 Extra shot 30p

Latte 2.50 Loose leaf breakfast tea 2.25

Espresso 1.90/2.20 Fresh loose leaf herbal tea 2.25

Hot chocolate 2.35 Green, camomile, earl grey, mint, blackcurrant

Mocha 2.50 Soya milk available 30p

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