










**Rucksack Café Menu - Open all day**  
**Walkers and muddy boots welcome!**

Sandwiches	Choose a filling that will keep well such as ham, cheese, jam, nutella or peanut butter.	Freeze some for next day as well 
Samosas, pies	Vegetable fillings will keep well - wrap up in foil.	
Scotch egg or sausage roll	Cured sausage meat keeps longer than normal meat	
Falafel	Tasty chickpea fritters.	
Beef jerky, salami	Cured dried meats make a tasty high protein salty snack	
Cheese, cheese spread	Individually wrapped cheeses such as Babybel are convenient and survive well in a rucksack.	 Buy the ambient (no need to refrigerate) version from Home Bargains in Altrincham
Oatcakes	To go with cheese	
Crisps, Pringles, salty snacks	Great for replacing lost salt on hot days	
Nuts	Great energy to weight ratio, packed full of nutrients and tasty too.	
Soup	A tasty alternative to a hot drink. Heinz Squeeze and Stir individual sachets are convenient.	
Carrot sticks	For those who like to get in their five a day.	

Brownies		
Flapjacks		
Fruit cake		
Soreen maltloaf		
Dried fruit		
Trail mix		
Apple	The only fruit that won't bruise in your rucksack.	
Halva or marzipan	Halva is a delicious sweet sesame seed based snack packed full of nutrients - you can find it in Tesco.	
Jelly babies, sweets	Instant energy hit to keep you going.	
Hot drinks	Choose your favourite - chocolate, tea, coffee and brew up when you arrive at camp	