

At the Heart of the
Community since 1986



NEWSLETTER

NOVEMBER 2021

CAFÉ ONE22 DRINK

ESPRESSO

| | |
|------------------------|------|
| Filter Coffee | 2.00 |
| Americano | 2.30 |
| Latte | 2.50 |
| Cappuccino | 2.50 |
| Flat White | 2.50 |
| Mocha | 3.00 |
| Double Espresso | 2.50 |
| Flavoured Syrups extra | 0.20 |
| Tea/Coffee Flasks | |
| per person | 2.00 |

TEA

| | |
|--------------------------|------|
| House Tea | 1.50 |
| Earl Grey Tea | 2.00 |
| Decaffeinated Tea | 2.00 |
| Green Tea | 2.00 |
| Peppermint Tea | 2.00 |
| Camomile Tea | 2.00 |
| Lemon Grass & Ginger Tea | 2.00 |
| Redbush Tea | 2.00 |
| Red Berry & Flower Tea | 2.00 |

OTHER BEVERAGES

| | |
|---------------|------|
| Hot Chocolate | 2.50 |
| With Toppings | 3.00 |
| Frapuccino | 3.00 |
| Milksake | 3.00 |
| Smoothies | 3.50 |
| Canned Drinks | 1.70 |
| Boxed Drinks | 1.00 |
| Bottle Water | 1.00 |

HIRING A ROOM? ROOM SERVICE?
Order your food & refreshments
Eat in the café area
OR in your room - your choice



HeeneCC
Password: heenecc1



We are a community based cafe at The Heene,
providing a friendly face and a warm welcome

Monday to Friday 9.30am - 4pm
Saturdays 9am - 2pm

CAFÉ ONE22 FOOD

JACKET POTATOES

| | |
|-----------------------|------|
| Cheese | 5.50 |
| Baked Beans | 5.00 |
| Tuna Mayonnaise | 5.50 |
| Prawn & Avocado | 6.90 |
| Salmon & Cream Cheese | 6.90 |
| Extra Fillings | |
| Tomato or cheese | 0.50 |
| Cream Cheese | 0.50 |
| Avocado | 0.60 |

SANDWICHES

| | |
|-----------------------|------|
| Cheese & Pickle | 3.50 |
| Egg Mayonnaise | 3.50 |
| Tuna Mayonnaise | 4.50 |
| Ham | 4.50 |
| Salmon & Cream Cheese | 5.90 |
| Prawn & Avocado | 5.90 |

PANINIS

| | |
|------------------|------|
| As above - extra | 0.50 |
|------------------|------|

SNACKS

| | |
|--|------|
| Cheese Scone | 2.00 |
| Scone, Butter & Jam | 2.00 |
| Crisps, Butter & Jam | 2.00 |
| Crumpet & Butter | 2.00 |
| Toasted Toastie & Butter | 1.50 |
| Toast & Butter | 1.50 |
| Extra portion of Jam, Honey or Marmalade | 0.50 |
| Crisps | 1.00 |

BACON BAPS

| | |
|-----------|------|
| 3 Bathers | 3.50 |
|-----------|------|

QUICHE (WITH SALAD)

| | |
|-----------------------|------|
| Cheese & Onion Quiche | 5.00 |
| Quiche Lorraine | 5.00 |

SOUPS (WITH BREAD)

| | |
|---------------------------|------|
| Check out Soup of the day | 3.50 |
|---------------------------|------|

CAKES

Check out the cakes on the counter
See individual prices

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ADUR & WORTHING
COUNCILS



Welcome to November! As the clocks have turned back and it is getting darker and colder, this is the perfect time to start something new to increase your energy levels. **Why not have a look at joining up to a new class here?** There are so many classes to choose from at The Heene. For example, Chat Room meets every Tuesday at 10am, in the Tennyson Room, for people to grab a drink from the café and discuss current affairs or any subject really. Pick up the latest edition of the Activity Programme and see for yourself. For all the classes happening at The Heene, see the posters in the corridors and/or visit the website. Also,  'LIKE' & SHARE on our Facebook page to support us.

Thinking of starting up a new class? Contact the office to discuss your needs and to check our current availability.

FREE Digital Support with OneStop Digital Support for Learners If you or someone you know needs help with gaining basic digital skills and support getting online, then drop-in on a One Stop Digital session and one of our trained digital champions will support you to learn how to navigate the Internet through your search browser of choice, help you job search or how to do your shopping online; and much more in a relaxing setting.

Where? I.T. SUITE at The Heene
(Entrance by the external fire escape steps)

When? Monday and/or Wednesdays

What Time? 10.00am -12noon

For more information, please call 07917 515299

