



Our ethos

The 'slow food' served at Loch Arthur café is made from scratch using the finest and most nourishing ingredients, mostly sourced from our own organically certified farm, creamery and garden and from our own bakery.

For additional ingredients we choose organic, fairtrade or local, wherever possible.

We believe in preparing quality food with care and attention, no short cuts, no artificial ingredients.

Our ingredients

The **milk** is from our own organic 'Dairy Shorthorn' cows, pasteurised in our own creamery and delivered fresh to the farm shop. Neither skimmed nor homogenised, our milk keeps all of its flavour without being over processed.

Most of the cheese used in our café menu is our own **Farmhouse Cheese** made using unpasteurised milk and vegetarian rennet. Our cheese is produced year round in our organic creamery following traditional methods.

Our bakery produces an impressive range of **bread**s from organic wheat, barley and rye flour & grains. The afternoon workshop teams make granola & muesli too.

We choose seasonal **vegetables** sourced from organic growers in the UK and Europe, and supplied from our own organic garden when it is growing season.

When we make pastry, cakes and biscuits we use real butter, that's why they taste so delicious!

All of the **beef and lamb** is reared on our organic & biodynamic farm. You can read more about our farming practices on our website.

The ground here at Loch Arthur tends to be too wet and too heavy for organic pig production, so we are currently buying in quality free range pork.

Haggis, black pudding, burgers, bacon and sausages are all made here by our own butchers.



Loch Arthur Camphill Community

Loch Arthur is a Camphill Community which includes people with learning disabilities. There are seven shared houses and several smaller houses in which altogether about 80 people live, including 29 people in supported tenancies.

Each household has someone, or a couple, who are responsible for the house, but we are not 'staff' in the conventional sense. We choose to share life together, some of us have children so family life is woven into the pattern of community life. There are also around 20 volunteers from all over the world who join our Community for a shorter time. We do not have hours on and off duty: the house is home for all who live there.

Loch Arthur is very much a working Community. As well as the shop and cafe, there is a farm, a large garden, a creamery, a bakery, and several craft workshops. Many of the products in the shop and cafe come from these workshops, our farm and garden.



The work side of life matters to us because it answers a fundamental need to be useful and active. It offers challenging opportunities for meeting and engaging with each other, giving us a shared purpose and responsibility. Each person is able to contribute in different ways. We try to find a balance between the needs of productivity and our wish to collaborate and involve everyone in the team.

As well as the people who live at Loch Arthur there are a number of people who are employed to support the workshops, houses, administration, and the farm shop and cafe.



All the developments we have achieved so far have depended on donations large and small. We are very grateful for all the support we have received, and that need will continue.

We are also lucky to have a very active Friends Group, which supports and fundraises for Loch Arthur. If you would like to find out more about the work of the Friends, please pick up a leaflet inside the front door of the shop.

To see more, check out our website www.locharthur.org.uk

Loch Arthur

BEESWING DUMFRIES DG2 8JQ

FARM SHOP & CAFÉ

Please ask us for allergen information.

Hot beverages

	Regular	Large
Filtered coffee	£2.00	£3.20
		(bottomless mug)
Espresso	£2.40	£2.95
Americano	£2.50	£3.10
Macchiato	£2.50	£3.10
Latte	£2.75	£3.50
Cappuccino	£2.75	£3.50
Flat white	£3.20	-
Mocha	£2.85	£3.70
Extra shot of coffee in any of the above	60p	
Barleycino (coffee substitute)	£2.75	£3.50
Chai latte (homemade)	£2.85	£3.60
Hot chocolate	£2.95	£3.65
Pot of tea (per person)	£2.75	
See blackboard for our loose leaf tea selection. Served with an extra pot of hot water.		

All hot drinks are available with oat or soya milk or hot milk.

De-cafeinated options available for coffee and tea.

Organic milk	£1.75
Glass of sparkling water	£1.35
'Rocks' organic cordial, Blackcurrant or Orange with still water	£1.65
with sparkling water	£2.60
Organic apple juice	£2.65
Folkington's fruit juice, orange or mango	£3.10
Fentimans.... botanically brewed drinks	£3.10
Ginger beer, Rose lemonade, Victorian lemonade, Orange jigger, Cherry cola, Curiosity cola, Elderflower, Raspberry	

Drinks for children

Organic apple juice	£2.00
'Rocks' organic cordial, Blackcurrant or Orange with still water	£1.15
With sparkling water	£1.75
Organic milk—per kid's glass	£1.40
Baby hot chocolate	£1.95
Babycino - frothed milk with a dusting of chocolate	95p



Please ask staff for allergen information.
Many items on our menu can be made vegan on request.

Mornings - served until 11.30am

Loch Arthur breakfast bowls £4.95

Granola made here at Loch Arthur, with our own yogurt and fruit compote

Hot porridge served with honey & fruit compote

Vegan porridge made with oat milk or soya milk and served with maple syrup & fruit compote

French toast
A classic, made with free range egg and served with **cinnamon sugar** £4.55
with **maple syrup** £5.95
or with **bacon & maple syrup** £8.95

Mushrooms on toast served with a grilled tomato £5.95
Add a fried egg £7.75

Loch Arthur Breakfast
Bacon, sausages, fried egg, grilled tomato, mushrooms & toast £11.95

Loch Arthur Veggie Breakfast
Veggie sausages, fried egg, grilled tomato, mushrooms & toast £9.50

Available all day...

Toast, butter & jam, marmalade, honey or peanut butter £2.95

BLT Bacon, lettuce & tomato in a roll £5.50

CLT Our Farmhouse cheese, lettuce, mayo & tomato in a roll £5.50

SLT Sausages, lettuce & tomato in a roll £5.50

Or choose one of the above without salad £4.90

Veggie sausages with salsa & lettuce in a roll £5.50

For the 'wee ones' at any time

One slice of buttered Loch Arthur bread or toast £1.50

with honey, peanut butter, jam or milk chocolate hazelnut spread £2.45

with Farmhouse cheese, ham or cream cheese £3.00

Carrot & cucumber sticks with hummus & corn chips £3.25

Carrot & cucumber sticks with cream cheese & toast soldiers £3.25

Lunch for the 'wee ones' 11.30am—3.00pm

A cup of our daily soup served with bread & butter £3.65

Organic beans on toast yes..... the all-time classic £3.95

with added grated cheese £4.75

Kids' Beef Burger
In a bun, plain & simple, ketchup on the side £6.25

Kids' portion of the daily special
choose from the veggie or meat specials on the blackboard. £5.95/ £6.95

Allergens:

All food is made in our kitchen & bakery where we take every precaution to avoid contamination. However, please be aware that the following allergens may be present: nuts, sesame, peanuts, cereals containing gluten, eggs, milk, celery, fish, lupin, mustard, crustaceans, molluscs, soya, sulphur dioxide.

Lunch - served from 11.30am

last orders 3.30pm

See our blackboard for today's specials

Savoury scones
filled with our Farmhouse cheese and your choice of **mushroom, bacon** or **salmon**, served hot with a salad garnish. With or without savoury cream cheese on the side. £5.95 / £6.95

Homemade soups as a snack or a main, served with Loch Arthur bread & butter £4.95 / £5.95

Soup & sandwich combo
choose a small or large bowl of soup served with a sandwich made with Loch Arthur bread. Small soup / Large soup

Roast beef, Cooked ham or **Smoked salmon & cream cheese** £9.60 / £10.60

Egg mayo, Hummus or **Farmhouse cheese** £9.15 / £10.15
'Combo' sandwiches are a smaller version of the 'open sandwich' as described below.

Open sandwiches
gluten free bread on request

Loch Arthur roast beef
on our Country Sourdough with mayonnaise & gherkins, chutney & salads £9.50

Cooked ham
on Country Sourdough with mayo & gherkins, chutney & salads £9.50

Loch Arthur Farmhouse cheese
on our Country Sourdough with mayonnaise, chutney & salads £8.75

Egg mayonnaise
on our toasted Honeyseed with salads & corn chips £8.75

Smoked salmon & Loch Arthur cream cheese
on our Country Sourdough with a slice of lemon & salads £9.75

Hummus & warm roasted vegetables
on toasted Country Sourdough with olives, salads & corn chips £9.25

Loch Arthur everyday specials

Burger of the day, in a roll with salads (see specials board) £9.75

Chick pea & lentil burger in a roll with salads & salsa £8.95



Our quiches

made with free range eggs & our own cream cheese, served with a selection of salads

Mushroom & vegetable

Salmon & vegetable

Bacon & vegetable £9.50

Our platters

gluten free on request

Charcuterie platter

A selection of organic & free-range meats, olives & salads served with **chutney** or **cream cheese** & Loch Arthur bread £10.50

Vegan platter

Hummus, salsa & vegan olive tapenade served with toast and salads £9.50

Cheese platter

A selection of award-winning cheeses served with butter, chutney & oatcakes. See specials board for today's cheeses £10.50

Extras

Bread, oatcakes or corn chips £1.50

Salsa, hummus, chutney or horseradish £1.50

Vegan olive tapenade £2.00

Bowl of olives £2.50

Salad plate £3.50

Potato wedges, seasoned with garlic, paprika & rosemary, choose a taster portion or enough for 2 to share £3.25 / £4.95

Home baking & sweet things

See our café display for today's selection of treats

Scone with butter & jam £2.75
with butter, jam & classic whipped cream cheese £3.75

Daily dessert (see our blackboard for today's choice) £5.50

Cream o' Galloway ice cream... per scoop £2.70

Luxury Vanilla or Honeycomb

Affogato Luxury Vanilla ice cream with a splash of hot espresso £5.10

Waffles (made to order).... 'The wee waffle' £2.75
'The muckle waffle' £4.60

Choose your toppings: pouring cream 90p; our classic whipped cream cheese £1.00; golden syrup £1.00; honey £1.10; milk chocolate hazelnut spread £1.10; fruit compote £1.10; maple syrup £1.40.