

Bagels

Salmon Platter	5.75
open bagel, smoked salmon, cream cheese, red onion, tomato, and pickled cucumber on the side	
Smoked Salmon & Cream Cheese	3.95
Smoked Salmon and Butter	3.50
Smoked Salmon and Avocado	3.95
Butter and Jam or Marmelade	1.50
Cream Cheese	1.95
Cheddar Cheese & Tomato	2.50
Ham & Tomato	2.50
Ham & Cheese	2.75
Ham, Cheese & Tomato	3.25
Curried Tuna with sunflower seeds	2.50
Chopped Egg Mayonnaise with cress	2.50
Scrambled Eggs	2.95
Scrambled Eggs and Smoked Salmon	4.95
Scrambled Eggs, mushrooms & Tomatoes	4.50

Panini

A Grilled Sandwich on Panini Bread Served with a Small Green Salad	
Grilled	3.50
Ham & Cheddar Cheese	
Ploughmans	4.25
Cheddar, tomato, chutney and red onion	
Original	3.95
mozzarella, basil, chopped fresh and sundried tomatoes	
Vegetarian	4.25
mozzarella, roasted peppers, sundried tomatoes, red onion and olives	
Chicken Pesto	4.95
grilled chicken, roasted peppers, mozzarella, sundried tomato & pesto mayonnaise	
Chicken Fajita	4.95
grilled chicken, green peppers, cheese, salsa and a touch of mayonnaise	
BBQ Chicken	4.95
grilled chicken, smoked cheese, red onions, coriander and barbecue sauce	
???	????
gorgonzola, onion marmelade, walnuts, radicchio	
???	????
camembert, cranberry, and fennel	

Salads

CACHAO salad	4.95
shredded lettuce, carrots, spring onions, red cabbage, and coriander tossed in a tangy ginger dressing and topped with crispy rice noodles and toasted sesame seeds	
with chicken	6.75
with curried tuna	6.75
with avocado	5.95
Gorgonzola & Walnut Salad	5.50
Gorgonzola, pear and walnuts on a bed of mixed lettuce tossed in balsamic vinaigrette	
Caesar Salad	4.75
Crispy romaine lettuce tossed in our own classic anchovy Caesar dressing with shaved parmesan and crunchy croutons with chicken breast	6.75
Salad Nicoise	5.95
Tuna, egg, tomato, red onion, black olives with mixed greens tossed in a herb & mustard vinaigrette	
Tricolore	5.50
Avocado, mozzarella, tomato, basil and olives on a bed of mixed lettuce served with a drizzle of balsamic vinaigrette	
Just Greens	3.95
mixed greens tossed in vinaigrette	
as a side salad	2.75

Croissant Sandwiches

Salmon Platter	5.75
includes Smoked Salmon, Cream Cheese, Red Onion, Tomato and Pickled Onion on the side	
Smoked Salmon & Avocado	4.25
Smoked Salmon & Cream Cheese	4.25
Ham & Tomato	2.95
Cheddar Cheese & Tomato	2.95
Curried Tuna with sunflower seeds	3.25
Chopped Egg Mayonnaise with cress	2.95
Butter and Jam or Marmelade	1.50

Sweet Crepes

Mambo	3.50
Lemon & Sugar	
Rhumba	4.95
Banana & Nutella*	
Crazy Rhumba	5.95
Banana, Nutella*, Nuts and Ice Cream	
Lindo	4.95
Grand Marnier and Ice Cream	
Isora	4.95
Chocolate or Strawberry Sauce and Ice Cream	
Conga	4.95
Ice cream with Maple Syrup	
Tango	5.95
Caramelised Apples and Ice Cream	
Samba	4.95
Banana, Maple Syrup and whipped cream	
Short stack	3.50
3 American Style Pancakes served with maple syrup and whipped cream	
with banana, nuts & ice cream	5.95
Full Stack	5.95
6 American Style Pancakes served with maple syrup and whipped cream	
with banana, nuts & ice cream	8.50
Extras	
One scoop of ice cream	1.50
Whipped cream	0.75
Chocolate sauce	0.50
Nuts	0.50

Savoury Crepes

Margarita	4.95
Fresh Tomato sauce, Mozzarella & Basil	
Cuba	4.50
Cheddar Cheese & Cracked Pepper	
Brazil	4.95
Cheddar Cheese & Ham	
Argentina	4.95
Spinach & Ricotta	
Guatemala	4.95
Ham & Mushroom	
Mexico	5.50
Cheese, Avocado, Salsa & Creme Fraiche	
Colombia	4.95
Ham, Fresh Tomato & Mustard	
Venezuela	5.50
Cheddar Cheese, Mushroom & Ham	
Chile	5.95
Smoked Salmon, Creme Fraiche & Chives	
Breakfast Crepe	5.95
(served all day)	
Cheese, Ham, Mushroom, Onion topped with a fried or scrambled egg	
Indochine ???	????
Extras	
smoked salmon	1.50
1 egg	1.00
avocado	1.00
tomato	0.50
cheese	1.00
mushroom	0.50

Espresso Drinks

	regular	large
Espresso	1.30	1.80
Union Coffee Roasters Revolution Blend		
Cappuccino	1.50	1.95
Espresso, milk & foam		
Americano	1.30	1.80
Espresso topped up with hot water		
Cafe Latte	1.75	2.10
Espresso, stamed milk and a touch of foam		
Macchiato	1.35	1.85
Espresso topped with a touch of foam		
Cafe Mocha	2.00	2.70
Chocolate, espresso, steamed milk & foam		

all available decaffeinated

Hot Drinks

Filter Coffee	1.25	1.75
with hot or cold milk		
Pot of Tea for one		1.50
English Breakfast, Earl Grey, Assam, Darjeeling, Camomile, Peppermint, Fruits of the Forest		
Hot Chocolate		1.75
steamed chocolate milk		
with whipped cream		2.00
in a large take away cup		2.50
Steamer		1.75
steamed milk, flavoured syrup & foam		
Flavours: Vanilla, caramel, butterum, hazelnut, amaretto, b52, strawberry, banana		
milk		1.00
hot or cold		
babychino		0.60
frothy milk		

During certain busy periods there will be a minimum charge of £5.00 per person, and as we have so few tables, to be fair to all our customers, we may ask you to vacate your table after a reasonable time period

Cards accepted: Visa, Mastercard, American Express, Delts, Switch, Solo

We cannot accept credit or debit cards under £10.00 nor cheques under £6.00

Cold Drinks

Tazo Iced Teas		2.50
Lemon & Ginger, Wild Orange, Passion Potion, Simply Red, Tazoberry, Brambleberry, Iced Green Tea, Giant Peach		
Citron Presse		2.50
Freshly squeezed lemon juice and mineral water		
P&J Smoothies		2.50
Available in different fresh fruit blends		
James White Juices		1.50
Apple & Cinnamon, Apple & Blackcurrant, Apple & Elderflower		
Organic: Apple, Pear, Cranberry & Apple, Raspberry & Pear, Carrot & Apple		
Purdeys		1.50
Original Silver or High Energy Gold		
OJ		1.95
freshly squeezed orange juice		
Big Tom		1.50
spiced tomato juice		
Coke		1.00
original or diet		
Mineral Water		1.50
still or sparkling		
Spa with Fuit		2.50
Apple, Orange, Lemon, or Exotique		
Ame		2.00
Red or White		

Patisserie

Plain Croissant		1.20
Almond Croissant		1.50
Pain aux Raisins	1.20	
Pain au Chocolat		1.20
Fruit Danish		1.50
Chocolate Sachertort		2.50
with cream		3.25
with ice cream		4.00
German Cheesecake		2.50
Carrot Cake		2.50
Banana & Walnut Cake		2.50
Apple Cake		2.50
Almond Biscotti	.95	
Chocolate Biscotti		.95
Mini Panettoni		1.95

All Cakes available to order from £21.00 please enquire
some items contain nuts

Ice Cream

Marine Ices

2 scoops served on a cone or in a dish with a wafer
Flavours: Vanilla, Chocolate, Strawberry, Pistachio, Banana, Toffee, Coffee, Mint Chocolate Chip, Mango Sorbet

Hill Station

mini tub complete with own spoon
Flavours: Strong Vanilla Bean, Bittersweet Chocolate, Stem Ginger, Spiced Coffee, Toasted Coconut & Rum, Mango & Lime

Food & Drinks Menu

22 April 2000
London codes were changed
from 0171/0181 to 020

140 Regents Park Road, Primrose
Hill, London, NW1 8XL

Tel: 020.7483.4422
Fax: 020 7586 1314

Cold Drinks

CITRON PRESSÉ	2.95
Freshly squeezed lemon juice with still or sparkling mineral water	
P&J SMOOTHIES	2.95
Available in different fresh fruit blends	
JAMES WHITE JUICES	2.30
Apple & Cinnamon, Apple & Blackberry, Apple & Elderflower, Apple & Summer Berries	
Organic: Apple, Pear, Cranberry & Apple, Raspberry & Pear, Carrot & Apple, Apple & Pomegranate, Apple & Ginger	
UNCLE CORNELIUS ^S	2.30
Lemon Refresher	
LATITUDE ICED TEAS	2.30
Mango Green Tea, Peach, Peach Light or Lemon	
PURDEYS	2.75
Original Silver or High Energy Gold	
OJ	2.50
freshly squeezed orange juice	
BIG TOM	2.00
hot & spicy tomato juice	
COKE	2.00
original or diet	
MINERAL WATER	2.00
330 ml still or sparkling	
ORANGINA	2.00
Original or Rouge	
FEEL GOOD	2.50
fruity still drink, ask which flavours we have today	

Iced Drinks

Famous Ice Blended	3.50
Coffee blended mix, milk, flavoured syrup, ice and a whipped cream topping	
Syrup Flavours: Coffee, Chocolate, Vanilla, Hazelnut, Amaretto, B52, Caramel, Butterum	
ask which flavours we do sugar free for soya milk please add 25p	
CAP FRAP (formerly known as Frappucino)	2.90
double shot espresso, milk & ice frapped plus ice cream	
MILK SHAKE	4.50
made with three scoops of Marine Ices Ice Cream	
Flavours: Vanilla, Chocolate, Strawberry, Banana, Toffee,	
Coffee, Pistachio, Mint Chocolate Chip	
SUNRISE ICE	4.50
Freshly Squeezed Orange Juice blended with mango	



Food & Drinks Menu

140 Regents Park Road
Primrose Hill
London
NW1 8XL

020 7483 4422

Bagels

choose from plain, sesame seed, poppy seed or onion bagel

Smoked Salmon Platter	7.50
smoked salmon, cream cheese, red onion, tomato and a dill pickle	
Smoked Salmon & Cream Cheese	4.90
Smoked Salmon and Butter	4.00
Smoked Salmon and Avocado	5.25
Butter and Jam or Marmalade	2.00
Cream Cheese	2.90
Cheddar Cheese & Tomato	3.50
Ham & Tomato	3.50
Ham & Cheese	4.00
Ham, Cheese & Tomato	4.50
Curried Tuna with Sunflower Seeds	3.50
Chopped Organic Egg Mayonnaise with Cress	3.50
Scrambled Organic Eggs	4.50
Scrambled Organic Eggs and Smoked Salmon	6.90
Scrambled Organic Eggs, Mushrooms & Tomatoes	6.30

Panini

A Grilled Sandwich on Panini Bread Served with a Small Green Salad

GRILLED	4.50
ham & cheddar cheese	
PLOUGHMAN'S	5.25
cheddar, tomato, chutney & red onion	
ORIGINAL	5.25
mozzarella, basil, chopped fresh & sundried tomatoes	
VEGETARIAN	5.75
mozzarella, roasted peppers, sundried tomatoes, red onion & olives	
FRENCH	5.25
camembert, cranberry sauce & fennel	
CHICKEN PESTO	6.30
grilled chicken, mozzarella, sundried tomato & pesto mayonnaise	
CHICKEN FAJITA	6.30
grilled chicken, green peppers, cheddar cheese, salsa and a touch of mayonnaise	
BBQ CHICKEN	6.30
grilled chicken, smoked cheese, red onions, coriander & barbecue sauce	
ITALIAN	6.30

Espresso Drinks

	regular	
	large	
Espresso	1.75	2.25
Union Coffee Roasters Revolution Blend		
Cappuccino	2.00	2.50
Espresso, milk & foam		
Americano	1.75	2.25
Espresso topped up with hot water		
Macchiato	1.75	2.25
Espresso topped with a touch of foam		
Cafe Latte	2.25	
Espresso, steamed milk and a touch of foam		
with a double espresso 2.50	(in a large tak-away cup)	2.90
Cafe Mocha	2.60	
Chocolate, espresso, steamed milk & foam		
with a double espresso 3.00	(in a large tak-away cup)	3.75

all available decaffeinated
for soya milk, please add 40p to regular sizes, and 50p for large sizes.

Hot Drinks

Filter Coffee	1.75	2.25
with hot or cold milk		
Pot of Tea for one		2.25
English Breakfast, Earl Grey, Assam, Darjeeling Camomile, Peppermint, Fruits of the Forest		
Hot Chocolate		2.25
steamed chocolate milk with whipped cream		
2.50		
in a large take away cup		3.40
Steamer		2.25
steamed milk, flavoured syrup & foam		
Flavours: vanilla, caramel, butterum, hazelnut, amaretto, B52, strawberry, banana		
Milk		1.50
hot or cold		
Babychino		0.95
frothy milk		

During certain busy periods there may be a minimum charge of £5.00 per person, and as we have so few tables, to be fair to all our customers, we may ask you to vacate your table after a reasonable time period

Plate sharing extra £1.00

Cards accepted: Visa, MasterCard, American Express, Delta, Switch, Solo

Savoury Crêpes

CUBA		5.20
	Cheddar Cheese & Cracked Pepper	
MARGARITA		6.30
	Fresh Tomato sauce, Mozzarella & Basil	
BRAZIL		6.30
	Cheddar Cheese & Ham	
ARGENTINA		6.30
	Spinach & Ricotta	
	with Mushrooms & Tomato Sauce	7.95
GUATEMALA		6.30
	Ham & Mushroom	
COLOMBIA		6.30
	Ham, Fresh Tomato & French Mustard	
MEXICO		7.50
	Cheddar Cheese, Avocado, Salsa & Crème Fraiche	
VENEZUELA		6.85
	Cheddar Cheese, Mushrooms & Ham	
CHILÉ		7.95
	Smoked Salmon, Crème Fraiche & Chives	
BREAKFAST CRÊPE		7.95
	(served all day)	
	Cheese, Ham, Mushrooms, Onion topped with a Fried or Scrambled Egg	

Extras

smoked salmon	2.00
fried or scrambled egg	1.50
avocado	1.25
tomato	0.75
cheese	1.00
mushroom	1.00

We only use certified
Organic Free Range Eggs

Croissant Sandwiches

SMOKED SALMON CROISSANT PLATTER	7.50
includes Smoked Salmon, Cream Cheese, Red Onion, Tomato and a dill pickle on the side with an all butter croissant	
Smoked Salmon & Avocado	5.25
Smoked Salmon & Cream Cheese	4.90
Ham & Tomato	3.50
Cheddar Cheese & Tomato	3.50
Curried Tuna with sunflower seeds	3.75
Chopped Egg Mayonnaise with cress	3.50

Salads

CACHAO SALAD	6.30
shredded lettuce, carrots, spring onions, red cabbage and coriander tossed in a tangy ginger dressing topped with crispy rice noodles and toasted sesame seeds	
with chicken	8.65
with curried tuna	8.65
with avocado	7.50
GORGONZOLA & WALNUT SALAD	7.50
Gorgonzola, pear and walnuts on a bed of mixed lettuce tossed in balsamic vinaigrette	
CAESAR SALAD	5.75
Crispy romaine lettuce tossed in our own classic anchovy Caesar dressing with shaved parmesan and crunchy croutons	
with chicken breast	8.65
SALAD NIÇOISE	7.95
Tuna, egg, tomato, red onion, black olives with mixed greens tossed in a herb & mustard vinaigrette	
TRICOLORE	7.50
Avocado, mozzarella, tomato, basil and olives on a bed of mixed lettuce served with a drizzle of balsamic vinaigrette	

Sweet Crêpes

MAMBO		4.50
	Lemon & Sugar	
RHUMBA		6.30
	Banana & Nutella*	
CRAZY RHUMBA		7.95
	Banana, Nutella*, Nuts and Ice Cream	
LINDO		6.30
	Grand Marnier and Ice Cream	
ISORA		5.75
	Chocolate or Strawberry Sauce and Ice Cream	
CONGA		5.75
	Ice Cream with Maple Syrup	
TANGO		7.50
	Caramelised Apples and Ice Cream	
SAMBA		6.30
	Banana, Maple Syrup and whipped cream	

American Style Pancakes

SHORT STACK		4.50
	3 pancakes served with maple syrup and whipped cream with ice cream	5.75
LOADED SHORT STACK		6.95
	with maple syrup, banana, nuts & ice cream	
FULL STACK		7.50
	5 pancakes served with maple syrup and whipped cream with ice cream	8.25
LOADED FULL STACK		8.95
	with maple syrup, banana, nuts & ice cream	

Extras

One scoop of ice cream	1.75
Banana	1.25
Whipped cream	0.75
Chocolate sauce	0.50
Nuts	0.50

*contains nuts

Patisserie

Plain Croissant	1.50
Almond Croissant	2.35
Pain aux Raisins	1.95
Pain au Chocolat	1.95
Biscotti	1.25
Mini Panettoni	1.95
Muffin	2.10
A selection of Cakes are available	2.95
Please ask your waiter/ess for details	

All Cakes available to order from £21.00 please enquire

some items contain nuts

Ice Cream

Marine Ices

£3.95

2 scoops served on a cone or in a dish with a wafer

Flavours:

Vanilla, Chocolate, Strawberry, Pistachio, Banana,
Toffee, Coffee, Mint Chocolate Chip, Mango
Sorbet

Hill Station

£2.95

mini tub complete with own spoon

Flavours:

Strong Vanilla Bean, Bittersweet Chocolate, Stem
Ginger, Spiced Coffee, Toasted Coconut & Rum,
Mango & Lime

CACHAO

café

Soups 4.25

A selection of soups are available ask your waiter/ess for details.

Bangers & Mash 8.95

Three sausages and mash potato served with onion gravy

Speciality Sandwiches

B.L.T. with AVOCADO 6.50
Bacon, lettuce, tomato & Avocado with mayonnaise on brown or white toast

SUPER CLUB 6.50
Triple deck sandwich with chicken, bacon, tomato, lettuce, sliced egg & mayo

ROSEMARY CHICKEN 8.95
A whole breast of Chicken served warm on ciabatta with a side of house slaw and homemade root vegetable crisps

CAJUN SPICED STEAK 9.50
With grilled onions, rocket and mayo served with sweet potato fries

Savoury Crepes

MADE WITH ORGANIC MILK & EGGS

MARGARITA	Tomato sauce, Mozzarella & Basil	6.50
BRAZIL	Cheddar Cheese & Ham	6.50
ARGENTINA	Spinach & Ricotta	6.50
	plus: Mushrooms & Tomato-Sauce	9.95
CHEVRE	goat's cheese, pesto, roasted peppers & fresh baby spinach leaves	9.50
MEXICO	Cheddar Cheese, Avocado, Salsa & Creme Fraiche	9.50
VENEZUELA	Cheddar Cheese, Mushrooms & Ham	9.50
CHILE	Smoked Salmon, Creme Fraiche & Chives	9.95
BREAKFAST CREPE	Cheese, Ham, Mushrooms, Onion topped with a Fried or Scrambled Organic Egg (served all day)	10.50

Extras

tomato 1.00, fried or scrambled egg 1.00, cheese 1.00
avocado 1.50, mushroom 1.00, ham 1.50, onion 0.75

Burgers

Fries

all Burgers are served on a sesame bun with onion, tomato and lettuce

CLASSIC BURGER 7.25
CHEESEBURGER 8.00
BACON CHEESEBURGER 9.50



FRENCH FRIES 2.95
SWEET POTATO FRIES 3.95

Smoked Salmon Platter 9.95

smoked salmon, cream cheese, red onion, tomato and a dill pickle served with your choice of bagel or toast.

Bow Tie Pasta

with pesto or homemade tomato sauce 6.50
with grilled rosemary chicken 9.50
with grilled pesto salmon 10.75

Panini

A Grilled Sandwich on Panini Bread

HAM & CHEESE	Cheddar Cheese & Honey Roast Ham	5.50
PLOUGHMAN'S	cheddar, tomato, chutney & red onion	5.95
ORIGINAL	mozzarella, basil, fresh & sundried tomatoes	6.25
VEGETARIAN	mozzarella, roasted peppers, sundried tomatoes, red onion & olives	6.50
CHICKEN PESTO	grilled chicken, mozzarella, sundried tomato & pesto mayonnaise	6.95
CHICKEN FAJITA	grilled chicken, green peppers, cheddar cheese, salsa and a touch of mayonnaise	6.95
BBQ CHICKEN	grilled chicken, smoked cheese, red onions, coriander & barbecue sauce	6.95

Organic Eggs & Omelettes

Two FRIED OR SCRAMBLED EGGS served with your choice of

Brown or White Bread	4.50
with Smoked Salmon	7.95
with Bacon	6.95
with Mushrooms & Tomatoes	6.95

With sugar add 40p

FULL ENGLISH BREAKFAST 9.50

Two fried or scrambled eggs, baked beans, grilled tomato, mushrooms, bacon and sausage served with brown or white toast

With sugar add 40p

SPICY HARISSA EGGS 6.95

Scrambled eggs with onions, tomatoes and harissa served with a warm tortilla or toast

With sugar add 40p

OMELETTES 6.95

Create your own by choosing three items from below
Ham, bacon, tomato, mushroom, cheese, onion
served with brown or white toast

For Egg White only dishes, please add 1.00
With sugar add 40p

Salads

FAMOUS CACHAO® SALAD

shredded lettuce, carrots, spring onions, red cabbage and coriander tossed in a tangy ginger dressing topped with crispy rice noodles and toasted sesame seeds

plain	7.95	with chicken	9.95
with avocado	9.50	with curried tuna	9.95

SALAD NICOISE 10.50

Tuna, organic boiled egg, tomato, red onion, green pepper, black olives with mixed greens tossed in a herb & mustard vinaigrette

TRICOLORE 9.50

Avocado, mozzarella, tomato, basil and olives on a bed of mixed lettuce served with a drizzle of balsamic vinaigrette

CAESAR SALAD 8.50

Crispy romaine lettuce tossed in our own classic anchovy dressing with shaved parmesan and crunchy croutons

CHICKEN CAESAR SALAD 10.50

GOAT CHEESE SALAD 9.95

with fennel, endive and beets tossed together with mixed leaves and rocket in a honey & balsamic dressing

BEEF & FETA CHEESE WITH GREENS 9.95

Baby spinach leaves, red onion, celery & apple tossed in an orange & honey dressing topped with toasted pumpkin seeds

CLUB SALAD 10.50

chicken, lettuce and tomato tossed in a herb & mustard dressing topped with avocado and crispy bacon

SMOKED SALMON SALAD 12.50

with a combination of lettuces, cucumber, radish, red onion, chopped egg, new potatoes and capers with a dill dressing

ASIAN SALAD 12.50

Grilled Teriyaki Salmon, served warm on a garden salad tossed in a sesame soy dressing and topped with homemade root vegetable crisps

TUSCAN CHICKEN SALAD 11.50

Grilled rosemary chicken breast, served warm on mixed greens with roasted peppers, sun blushed tomatoes and grilled fennel dressed with balsamic vinaigrette and topped with shaved parmesan

TERIYAKI STEAK SALAD 12.50

Grilled Teriyaki Steak, served warm on a garden salad tossed in a sesame soy dressing and topped with crispy onions

JUST GREENS 3.50

mixed greens tossed in vinaigrette

MIXED SIDE SALAD 4.50

Side salad with lettuce, tomato, onion and cucumber

Salad Dressings are available to buy - please ask for details