

The Retreat Community Cafe

St Francis Parish Centre

Poplar Crescent

Dudley

Telephone number: 01384 356841

Come and enjoy our comfortable surroundings and sample some of our tasty and reasonable priced foodso whether you are looking to meet up with friends for a coffee after you have dropped the kids off at school or looking for a quick break at lunchtime a warm welcome awaits you.

All our food is made on the premises with the emphasis on healthy eating, using wholemeal or granary bread, low fat ingredients and free range eggs.

The Retreat Community Cafe is operated by Lunch on the Run, a social business and local charity from Kingswinford, we have been awarded a 5 year lottery grant to operate the cafe and a outreach service, promoting healthy eating. We offer training and work experience in catering to adults and young people with learning disabilities (co workers) . All our co workers are fully involved in all that we do, along side fully trained staff.

Our Outreach Service provides community groups in the borough with a individually planned workshop involving healthy cooking sessions and information on balanced diets. The sessions can take place in your own setting or the groups can come to The Retreat Cafe and use the facilities of our kitchen.....all this is free of charge .