

April Specials, Weekdays 12pm – 8.00pm

Rolls or Sandwiches, £3.95

White or Brown Rolls, Sliced Bread, Pita or Tortilla Wrap:

- Prosciutto ham, shaved parmesan, rocket with pesto mayonnaise
- Goats cheese, fresh fig & caramelised onion 
- Atlantic prawns, crispy lettuce & creole mayonnaise

Add a mug of soup or hand cut chips for £1.95

Marinated Chicken Tikka Wrap £5.25

Served with a Greek-style yoghurt and ramekin of hand cut chips

Add a mug of soup for £1.95

Thai Red Curry with Sweet Potato & Tofu  £7.50

Served with basmati or brown rice & poppodums

Teesside Chicken Parmo £7.95

Schnitzel style chicken topped with béchamel sauce & grated cheddar served with hand-cut chips & mixed salad leaves

Butternut Squash & Barley Salad  £8.25

With steamed broccoli, red onion, sun blush tomatoes, pumpkin seeds, black olives & capers

Spaghetti with Aubergine, Fresh Tuna & Capers £8.75

Tossed in a rich tomato & garlic sauce & served with garlic foccacia bread

Lamb Tagine with Dates & Sweet Potato £9.25

Tender lamb pieces cooked in onions, ginger, cinnamon & passata sauce served with coriander & almond quinoa

Desserts

Bolo de Bolacha (Cookie Cake) £3.95

The Portuguese classic of crushed maria biscuit with a layer of sugar & coffee served with fresh whipped cream or ice-cream

Drinks

Detox Warrior Smoothie Regular £2.80 / Large £3.80

Coconut water, raspberries, natural yoghurt, honey, pumpkin seeds & cinnamon, deliciously healthy with vitamin C & D, iron & potassium

Coffee of the Month – Colombian Excelso Regular £1.50 / Large £1.70

Grown in the high altitude of the Hulia region. These beans are roasted medium/dark to bring out the bold body and dark chocolate flavors that are classic in a good quality Colombian

Set Menu, last orders 7.30pm, 2 course £12.50, 3 course £15.00 + Coffee

Starters

- Crab cakes with mixed leaves & sweet chili sauce
- Homemade soup, served with home baked bread
- Mini Greek mezze plate

Mains

- Fisherman's basket & hand cut chips
- Indonesian chicken nasi goreng
- Butternut squash & barley salad
- 6oz Big Jac or veggie burger & hand cut chips

Desserts

- Warm apple pie with cream or ice-cream
- Hot chocolate fudge cake & vanilla ice cream
- Bolo de Bolacha (cookie cake)