



## Rolls, sandwiches & wraps

Tuna & Red Pepper with Fresh Basil

Pimiento Cheese, mayonnaise & sweet peppers 🥕

Jamaican Jerk Chicken

£3.95

Add a mug of soup or hand cut chips

£1.95

## Mediterranean Style Chickpea Salad & Feta Wrap 🥕

£5.25

## Mighty, Meaty Souper Stew

£5.25

(see the board for today's choice)

## Thai Chicken Laksa

£8.25

Thai spiced curried broth with coconut milk, rice noodles, bean sprouts & seasoned with red chillies & coriander

## Nectarine, Pear, Walnut & Stilton Salad 🥕

£8.95

Tossed in baby spinach with a side of Dijon & olive oil dressing, served with homemade bread

## Italian Style Fish Stew

£8.95

With capers, new potatoes & dill cooked in a rich tomato broth with Italian herbs & served with garlic foccacia

## Tomato, Cauliflower & Spring Lamb Curry

£9.50

Coconut based curry with tender new season lamb chunks cooked in garlic, onions & ginger, served with basmati or organic brown rice

## Seasonal Juice - Kale Kleanse

Reg £2.80 / Large £3.50

Kale, Apple, Pineapple & Chia Seeds. Packed with iron, magnesium & vitamin K, A and C

## Coffee of the Month - Indian Arabica 'Plantation A' Reg £1.65 / Large £1.95

Full bodied, displaying a rich smoky chocolate flavor. Certified by the Rainforest Alliance.