

Served  
Weekdays  
12pm - 8pm

# APRIL

# SPECIALS



## **Rolls or Sandwiches..... £3.95**

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

**Spanish Chicken, Tomato & Coriander**

**Mashed Chickpea Salad with Dijon Mustard Mayo** 🥕

**Prosciutto, Fresh Fig & Manchego Cheese**

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

## **Sweet Potato, Black Bean, Chipotle Peppers & Kale Quesadillas** 🥕 🥕 ..... **£7.50**

Served with sour cream & salsa, Add chorizo **£1.00** / Add grilled chicken **£2.25**

## **The Best Vegan Burger** 🥕 ✓ ..... **£8.25**

These vegan corn burgers are packed with spices, herbs & a hint of lemon zest, on a white or brown roll with a crisp salad, healthy & seriously satisfying

## **Thai Salad with Grilled Tofu With A Peanut, Garlic & Ginger Dressing** 🥕 ✓ .... **£8.50**

With red cabbage, carrot, cucumber, red pepper, spring onion, coriander & topped with roasted peanuts & a wedge of lime

## **Basil Pesto Chicken Pasta with Sundried Tomatoes, Garlic & Broccoli** ..... **£8.95**

Kids Pasta Portion **£4.95**

## **Caribbean Fish Stew Served with Organic Brown Rice** ..... **£8.95**

In a tomato broth with fresh haddock, red peppers, onions, garlic, parsley & thyme

## **Malaysian Beef Curry** ..... **£9.25**

Medium spiced coconut curry with shallots, garlic, chilli, ginger, lemongrass & fresh lime served with white or brown rice & topped with red chilli

## **SEASONAL JUICE**

### **Superfood Smoothie**

With avocado, spinach, apple and lime

Reg **£2.90** / Large **£3.60**

## **COFFEE OF THE MONTH**

### **Costa Rica Aquaries**

Medium roast high quality coffee with well-rounded flavours

Reg **£1.65** / Large **£1.95**