

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**