

Served
Weekdays
12pm - 8pm

APRIL

SPECIALS



Rolls or Sandwiches £3.95

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

Atlantic Prawn with Dill & Lemon Mayo

Roast Med Veg & Goats Cheese 🥕

Ham, Tomato, Iceberg Lettuce & Mayo

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

Roast Mediterranean Veg & Goats Cheese Quesadillas 🥕 £7.95

2 x 2 soft warm tortillas sandwiched and toasted with med veg & goats cheese served with sides of guacamole, sour cream & salsa picante. Add Grilled Chicken £2.95.

Cherry Tomato & Chestnut Mushroom Wholewheat Organic Penne 🥕🌱🚫 £8.50

Pasta with baby spinach, miso, garlic, paprika and a touch of chilli 🌶️

Tex-Mex Burger with Cajun Mayo 🌶️ £8.95

Our homemade burger with cajun spices, fried onions, grated cheddar & salad on a Portuguese or brown roll and served with hand-cut chips. Add Jalapenos or a Fried Egg 60p.

Roasted Root Vegetable & Goats Cheese Salad 🌱 £8.95

With harissa style dressing, couscous, mixed leaves, black olives, capers & fresh parsley

Malabar Prawn Curry 🚫 £9.25

With tomatoes, onions, tamarind, turmeric, chilli & coconut milk served with white basmatic or organic brown rice, naan breads & poppadums.

Rhubarb Tart with Organic Buckwheat Topping £3.95

Served warm with vanilla ice-cream

SEASONAL JUICE

Raspberry, Pomegranate & Almond Milk

Reg **£2.95** / Large **£3.65**

With coconut water and flax seeds

COFFEE OF THE MONTH

Colombia 'La Manuela'

Reg **£1.70** / Large **£1.95**

Medium bodied coffee, sweet caramel and dark chocolate flavours