

Served
Weekdays
12pm - 8pm

APRIL

SPECIALS



Rolls or Sandwiches £3.95

White or brown rolls, sliced bread, pita or tortilla wrap:

Turkey Club Sandwich

Chickpea Pesto Sandwich 🥕

Tuna Mayo, Celery, Red Onion with Watercress Sandwich

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

Marinated Tandoori Lamb Wrap with Homemade Tzatziki £6.25

Served in a warm tortilla with a crisp salad & mango chutney

Thai Red Tofu & Baby Spinach Coconut Curry ✓ 🚫 £8.50

With green beans, new potatoes, broccoli & red chillies served with organic brown or white rice & topped with red onions, fresh coriander & sesame seeds

Pink Grapefruit, Avocado & Baby Spinach Salad ✓ 🚫 (👤 £4.95) £8.95

With an apple cider vinegar, maple syrup & Dijon mustard dressing & topped with pecans & cranberries

Add Grilled Chicken **£2.95** / Add Grilled Salmon Fillet **£4.25**

Marinated Chicken Breast Burger with Kimchi Slaw £8.95

On a Portuguese or brown roll with hand cut chips and a side of sriracha chili sauce

Brazilian Inspired Fish Stew £9.50

A rich tomato based stew with haddock & red peppers served with organic brown or white rice, fresh coriander & a wedge of lemon

SEASONAL JUICE

Pineapple, Kiwi & Mint Smoothie

Reg **£3.50** / Large **£4.50**

COFFEE OF THE MONTH

Colombian 'Timana'

Reg **£1.70** / Large **£2.05**

Full bodied with rich flavors and hints of dark chocolate and hazelnut