

SEASONAL JUICE



Coconut Green Machine

Berries, baby spinach, coconut water, banana & almond milk

LARGE £4.25

What's **NEW!** this month?

NEW! Baba Ghanoush, Beetroot, Carrot & Cucumber Spinach Wrap

With baby spinach, green onion & Greek yoghurt with a side of mixed leaves

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NEW! Beef & Oregano Meatballs **£9.25**

Minced beef, oregano, parmesan & garlic meatballs cooked in a tomato & basil sauce & served with quinoa & grated parmesan

NEW! Aloo Gobi Curry **£8.75**

Sweet potato & cauliflower cooked in garam masala spices with tomatoes, ginger, garlic, turmeric, chili & fresh coriander, served with organic brown or white rice & toasted nan breads

Add Grilled Chicken £2.95 / Add Grilled Salmon Fillet £4.50 / Add King Prawns £3.95

NEW! Aussie Chicken Burger **£9.95**

Chicken breast burger with grilled pineapple, fried egg, beetroot, crispy bacon, cheese, salad and sweet chilli mayo on a white or brown roll with hand cut chips

NEW! Halloumi & Watermelon Salad **£8.95**

Grilled halloumi, watermelon & bulghar salad tossed with pumpkin seed, parsley & fresh mint with a lemon & rapeseed oil dressing

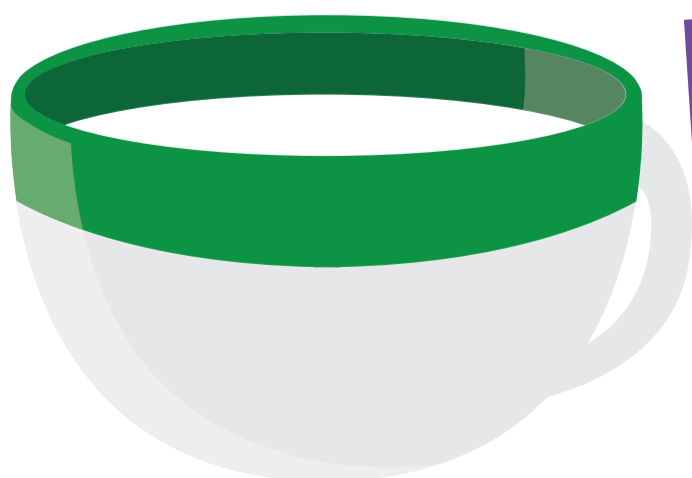
Add Grilled Chicken £2.95 / Add Grilled Salmon Fillet £4.50 / Add King Prawns £3.95

NEW! Smoked Trout & Jersey Royal Salad **£10.95**

With a fresh watercress, caper & parsley salad served with a crème fraiche & lemon dressing

NEW! Raw Chocolate Orange & Mulberry Torte **✓ £4.50**

With fresh avocado, coconut oil, honey, dates, dried mulberries & wild orange oil



COFFEE OF THE MONTH

Guatemalan Finca Margarita

From the Santa Rosa region of Guatemala with a clean caramel sweetness, medium body and balanced acidity

REGULAR £1.75

LARGE £2.10