

August SPECIALS

12.00 – 8.00pm

Rolls, Sandwiches, Wraps or Pitas £3.95

Avoiding Bread or Gluten? Have your choice of sandwich filling with a portion of white or brown rice instead!

- Prosciutto, Nectarine, Rocket and Mayo
- Free-range Egg Mayo with Baby Spinach and Shaved Parmesan
- Roast Aubergine , Baby Spinach and Tahini Dressing

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

Grilled Chicken Tikka £7.95

With Curried Rice Salad and Mango Chutney

Chickpea Tagine £5.95

With Tomato, Preserved Lemon and Harissa

Served with Warm Pita and Labneh

Warm Smoked Mackerel & Bacon Salad £7.75

With New Potatoes served with Horseradish Crème Fraiche

Steak Panzanella £8.25

Warm Strips of Rib-eye Steak Tossed in an Italian- Style Salad

Served with Balsamic Dressing

Provençal – Style Fish Stew £8.75

Fish and Shellfish in a Rich Broth of White Wine, Tomato,

Pastis and Aromatic Vegetables and Herbs

Served with Rouille and Garlic Focaccia

