

# August Specials, Weekdays 12pm – 8.00pm

Rolls or Sandwiches, *Add a mug of soup or hand cut chips for £1.95* £3.95  
White or Brown Rolls, Sliced Bread, Pita or Tortilla Wrap:

- Prawn & avocado with crispy ice-berg & chipotle mayo
- Cafejac BLT
- Goats cheese, caramelised onion, fresh fig & baby spinach 🥕

Chicken Cobb Wrap £5.95

Warm tortilla with grilled chicken, crispy bacon, avocado, lettuce & blue cheese dressing

Roast Pumpkin & Goats Cheese Quesadillas 🥕 £7.25

Grilled sandwich of warm tortillas served with guacamole, sour cream & salsa picante

Chicken, Asian Vegetable & Mushroom Laksa £8.50

A Malaysian curried broth with coconut milk, rice noodles, beansprouts & seasoned with fresh coriander

Superfood Salad with Blueberry & Ginger Dressing 🥕 £8.75

Kale, beetroot, broccoli, puffed quinoa & avocado topped with an Omega-pumped seed mix with a blueberry & ginger vinaigrette

Crispy Grilled Sardine Nicoise £8.75

Baby gem lettuce, green beans, tomatoes, new potatoes, boiled egg, black olives & capers

Spicy Aussie Burger £8.95

6oz homemade burger with grilled pineapple, fried egg, beetroot, crispy bacon, cheese, salad & sweet chilli mayo on a white or brown roll with hand-cut chips

## Seasonal Smoothie –

Vegan Detox Green Smoothie Reg £2.90 / Large £3.60

Kale, spinach, strawberry, cucumber, banana & soya milk. Superfood smoothie packed with calcium, vitamins A, C, D & K.

## Coffee of the Month

Mexican Altura 'Topicao' Reg £1.60 / Large £1.80

Dark roast blend with a complex flavor. Medium body with hints of spices

**2 Course, £11 Set Menu, last orders 7.30pm, 3 course £14.00**

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### Starters

- Homemade Soup, Home Baked Bread
- Roast Pumpkin & Goats Cheese Quesadillas (v)
- Crab Cakes with Sweet Chilli Sauce
- Cheesy Ciabatta Garlic Bread (v)

### Mains

- Indonesian Chicken or Veg Nasi Goreng
- Roast Squash & Chilli Salad
- 6oz Big Jac or Veggie Burger & Hand Cut Chips
- Chicken, Asian Vegetable & Mushroom Laksa
- Fisherman's Basket & Hand Cut Chips

### Desserts (Served with Vanilla Ice-Cream)

- Belgium Apple Pie with Fresh Cream
- Hot Chocolate Fudge Cake
- Fresh baked waffles with Vanilla Ice-Cream & Real Maple Syrup

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