

Served
Weekdays
12pm - 8pm

AUGUST

SPECIALS



Rolls or Sandwiches £3.95

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

Turkey, Lettuce & Basil Mayo

Roasted Red Pepper, Homemade Hummus & Feta 🥕

Shrimp BLT

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

Teriyaki Chicken & Grilled Pineapple Pitta £5.95

Grilled chicken breast marinated in teriyaki sauce with crisp lettuce, tomato & mayonnaise in a whole-wheat pitta served with mixed leaves & hand-cut chips

Grilled Goats Cheese, Beetroot & Rocket Salad 🥕🌿 £8.75

With a balsamic and olive oil dressed & sprinkled with toasted walnuts

Add Grilled Chicken Breast £3.95 or Grilled Salmon Fillet £4.25

Sweet Potato & Black Bean Burger 🥕🥕🌿 £8.95

With a homemade Jerk Sauce, topped with lettuce, tomato, red onion & gherkins on a Portuguese or brown roll and served with a mixed salad

Thai Beef & Vegetable Stir Fry with Sriracha Roasted Peanuts 🥕🚫 £8.95

Tender beef cooked with garlic, chilli, peppers, onions & courgettes in a soya and oyster sauce served with organic brown or basmati rice

Crispy Grilled Sardine Nicoise £9.25

Baby gem lettuce, green beans, tomatoes, new potatoes, free range boiled egg, black olives & capers with our house dressing

Dessert of the Month from "Bean Around the World Bakery" £3.95

Please ask your server for our selection of desserts

SEASONAL JUICE

Baby Spinach & Kiwi Protein Smoothie 🚫🌿

Reg **£3.50** / Large **£4.25**

Almond milk, banana, sunflower seeds & flax seeds

COFFEE OF THE MONTH

Guatemala 'Los Volcanos'

Reg **£1.70** / Large **£1.95**

Rich in flavor with velvety chocolate body and notes of caramel & orange