

Served
Weekdays
12pm - 8pm

DECEMBER

SPECIALS



Rolls or Sandwiches £3.95

White or Brown Rolls, Sliced Bread, Pita or Tortilla Wrap

Roast Turkey, Cranberry, & Rocket

Feta, Hummus, Beetroot & Rocket 🥕

Smoked Salmon, Cream Cheese & Dill

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

Mexican Style Chilli Beef Quesadillas 🥕 £7.50

Two soft warm tortillas filled with cheese and chilli beef & served with sour cream, guacamole & salsa picante

Thai Red Curry with Sweet Potato & Organic Tofu 🥕🥕 £7.75

Served with basmati or organic brown rice

Grilled Chicken Satay Skewers 🥕 (Kids portion £5.25) £8.95

with a Homemade Spicy Peanut Sauce, served with an Asian cucumber salad & white or organic brown rice

Turkey, Apricot & Oat Burger (Kids portion £5.50) £8.95

Served with hand-cut chips, a white or brown roll & a side of tangy tomato chutney

Grilled Salmon, Gnocchi & Chestnuts £9.25

Served with a creamy chestnut & butternut squash sauce for a delicious winter treat

Homemade Tiramisu £3.95

From 'Bean Around the World', served with Vanilla Ice-Cream

SEASONAL JUICE

Green Machine Smoothie

Reg **£2.95** / Large **£3.70**

Power smoothie packed with fresh avocado, pear, apple, spinach, lime & parsley

COFFEE OF THE MONTH

Mexican Finca La Aroura

Reg **£1.65** / Large **£1.95**

Complex acidity, medium bodied with hints of caramel