



December 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, Wholemeal Pita or Tortilla Wrap:

- Turkey Cobb with Roast Turkey, Crispy Bacon, Tomato, Lettuce & Avocado
- Brie, Baby Spinach & Cranberry Sauce 
- Smoked Salmon & Herbed Cream Cheese

Black Bean Tacos with Avocado, Coriander & Lime Dressing  (Chili ?) £5.95
Crispy tacos with shredded lettuce, grated cheddar & diced tomatoes

Stilton, Apple & Walnut Salad with a Walnut Oil, Lemon & Honey Dressing  £8.25
With baby gem lettuce, watercress & topped with fresh chives
Add Grilled Chicken £2.95 / Add Grilled Salmon Fillet £4.50/ Add King Prawns £3.95

Turkey Chili topped with Grated Cheddar, Sour Cream & Fresh Avocado (Chili) £9.50
Lean turkey mince with onion, garlic, red peppers, tomato, red kidney beans, oregano & chili served with organic brown or white rice & sliced jalapenos

Sweet Potato & Black Bean Burger  £9.50
Homemade burger patties with sweet potato, black beans, brown rice, walnuts, spring onion & Paprika served on a Portuguese or brown roll with sliced avocado, baby gem lettuce & red onion with hand-cut chips & a side of BBQ sauce

Brazilian Inspired Fish Stew £9.75
A rich tomato based stew with fresh haddock, red peppers, celery, onions & garlic served with organic brown or white rice, fresh coriander & a wedge of lemon

Smoothie of the Month (Vegan)
Cranberry, Strawberry & Organic Oat Smoothie Reg £3.20 / Large £4.20
With fresh banana & almond milk

Coffee of the Month
Guatemalan Finca Margarita Reg £1.70 / Lrg £2.05
From the Santa Rosa region of Guatemala
