

Served
Weekdays
12pm - 8pm

FEBRUARY

SPECIALS



Rolls or Sandwiches £3.95

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

Chicken, Bacon & Fresh Avocado

Roasted Red Pepper, Rocket & Goats Cheese

Prawn & Lime Mayo with Avocado

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

Mediterranean Style Quesadillas with Roasted Med Veg, Feta & Spinach 🥕 .. £7.25

Add Chicken for £2.95

Chili, Lime Roasted Butternut Squash, Kale, Quinoa & Avocado 🥕 £8.25

Served with a Pomegranate & Garlic Sriracha Vinaigrette

Veggie Black Bean Burgers with Chipotle Lime Tahini & Crunchy Guacamole 🥕 £8.75

Served with lettuce, tomato & a side of jalapenos on a white or brown roll with hand-cut chips and salad garnish

Pan Fried Chicken & Whole Wheat Spagetti Puttanesca & Garlic Bread..... £8.95

With olives, capers & roasted chilli in a basil & tomato sauce with shaved parmesan

Spezzatino Di Manzo (Italian Beef Stew) £9.25

With a red wine & rosemary & sage broth, potatoes, garlic, celery, onions, carrots, mushrooms & tomatoes

Salmon & Spinach Curry with Ginger, Garlic & Green Chillies £9.25

Served with basmati or organic brown rice & served with poppadums

SEASONAL JUICE

Superfood Smoothie with Blueberry & Spinach

Reg £2.90 / Large £3.60

Packed with goodness! Coconut water, blueberries, almond milk, spinach & flax seeds

COFFEE OF THE MONTH

Brazil 'Impaneama Estate Yellow Bourbon'

Reg £1.65 / Large £1.95

Full bodied with flavours of caramel