

Served  
Weekdays  
12pm - 8pm

FEBRUARY

SPECIALS



## Rolls or Sandwiches ..... £3.95

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

Grilled Chicken, Crispy Bacon, Baby Gem & Caesar Dressing

Curried Free Range Egg Mayo 🥕

Smoked Salmon, Cucumber and Lemon Infused Crème Cheese

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

## Roast Butternut Squash, Rocket & Goats Cheese Quesadillas 🥕 ..... £7.50 / 🍷 £4.50

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

## Veggie Chilli with Crunchy Tortilla & Avocado Salad 🥕🌱 ..... £8.75

Served with cucumber ribbons, a side of fresh chilli & Greek yoghurt

## Massaman Chicken & Sweet Potato Curry 🌿 ..... £8.95

Coconut based curry with onions and ginger with tender chicken pieces, chopped nuts & served with basmati or brown rice

King Prawn or Veggie Massaman option

£9.25 / £7.95

## 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

## Smoked Mackerel, Baby Spinach & Organic Quinoa Salad 🚫 ..... £8.95

Tossed with blueberries, radish & an olive oil & lemon dressing, topped with pomegranate & pumpkin seeds

## Homemade Dark Chocolate & Beetroot Cake ..... £4.25

Made in 'Bean Around the World Bakery' & served with Natural Yoghurt

### SEASONAL JUICE

#### Energy Booster

Reg £2.95 / Large £3.70

Power smoothie with raspberries, pineapple, organic oats, orange juice and honey

### COFFEE OF THE MONTH

#### Costa Rica Tarrazu 'Amapola'

Reg £1.70 / Large £1.95

Sweet, rich & full bodied with hints of chocolate flavour