

Served
Weekdays
12pm - 8pm

FEBRUARY

SPECIALS



Rolls or Sandwiches £3.95

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

Chicken, Bacon, Lettuce, Tomato & Mayo

Free-Range Egg, Baby Spinach & Tomato 🥕

Avocado & Greek Yoghurt Tuna Sandwich

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

Marinated Teriyaki Grilled Chicken Pitta £6.25

On a wholemeal pitta with beansprouts, pineapple, tomato & lettuce, served with a portion of hand-cut chips

Red Lentil & Baby Spinach Masala 🥕 🌱 🍷 🚫 £8.50

Kid's Portion 🧒 £4.95

Tomato based curry with coconut, red onions, ginger, garlic and topped with fresh coriander served with organic brown or basmati rice & a side of nan bread

Add Grilled Chicken £2.95 / Add Grilled Salmon Fillet £4.25

Roast Beetroot, Goats Cheese & Baby Spinach Salad 🥕 £8.95

Kid's Portion 🧒 £4.95

Tossed in a shallot, olive oil & Dijon mustard dressing & topped with toasted walnuts

BBQ Beef Burger with Avocado & Goats Cheese Smash £9.25

6oz beef burger mince mixed with BBQ sauce, beetroot & flax seeds, topped with avocado & goats cheese smash, lettuce, tomato & red onion & served with hand cut chips

Prawn & Chorizo Linguine £9.50

served with Crusty Garlic Ciabatta and cooked in a rich tomato sauce & served with fresh rocket & a wedge of lime

SEASONAL JUICE

Energy Booster Smoothie

Reg **£3.50** / Large **£4.25**

With raspberries, pineapple, organic oats, honey & natural yoghurt

COFFEE OF THE MONTH

Colombian 'Timana'

Reg **£1.70** / Large **£1.95**

Full bodied with rich flavors and hints of dark chocolate and hazelnut

KEY: 🥕 Vegetarian Options 🌶️ Spicy 🌱 Vegan Options 🍷 Gluten free 🚫 Dairy free 🧒 Kids portion available