

# January Specials, Weekdays 12pm – 8.00pm

**Rolls or Sandwiches,** £3.95

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

- Mozzarella, Rocket & Sun Blush Tomato Pesto 
- Italian Tuna Salad
- Chicken Waldorf Salad

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

**Warm Spicy Sweet Potato & Vegetable Wrap**  £5.25

Served with a Salad Garnish and Ramekin of Hand Cut Chips

*Add a mug of soup for £1.95*

**Colcannon Cakes**  £6.25

Grilled Mash Potato & Cabbage Cakes, with a side of Home Made Tomato sauce topped with Fried Egg

**Middle Eastern Red Lentil, Chicken, Apricot & Pomegranate Stew** £8.75

Served with a side of Bulgar Wheat & topped with Labneh

**Tiger Prawn & Chickpea Balti** £8.50

Served with Basmati or Brown Rice & Warm Nan Bread

**Stilton & Toasted Walnut Salad** £8.50

With Mixed Leaves, Cherry Tomatoes, Spring Onion & Balsamic Dressing

**Ramen Noodles with Chili Salmon** £8.95

Poached Salmon with Ramen Noodles in a Soya Sauce, Coriander & Lime broth

## Desserts

**Homemade Tiramisu** £3.95

With "Bean Around the World" Espresso & lashings of Tia Maria

## Drinks

**Coconut Water with fresh Orange Juice** Reg £2.90 / Lrg £3.90

The all-natural, super-hydrating, fat-free, cholesterol-free, nutrient-packed, potassium-stacked, mega-electrolyte coconut water with the added hit of Vitamin C

## Coffee of the Month

**Guatemala Medium Roast** Reg £1.50 / Lrg £1.70

Often considered to be one of the very best coffees in Guatemala, thanks in part, to its near perfect growing conditions, high altitude, volcanic soil and eternal spring like conditions. Rich aroma, velvety taste, balanced sweetness with slight acidity

**Set Menu, last orders 7.30pm, 2 course £12.50, 3 course £15.00 + Coffee**

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## Starters

- Thai Fish Cakes
- Homemade Soup, served with Home Baked Bread
- Mini Greek Mezze Plate

## Mains

- Fisherman's Basket & Hand cut Chips
- Indonesian Chicken Nasi Goreng
- Stilton & Toasted Walnut Salad
- Lebanese Style Spinach & Chick Peas
- 6oz Big Jac or Veggie Burger & Hand Cut Chips

## Desserts

- Warm Apple Pie with Cream or Ice-Cream
- Hot Chocolate Fudge Cake & Vanilla Ice Cream
- Homemade Italian Tiramisu

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