

Served  
Weekdays  
12pm - 8pm

# JANUARY

# SPECIALS



## **Rolls or Sandwiches..... £3.95**

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

**Bacon, Lettuce, Tomato with Mayo**

**Grilled Halloumi, Baby Spinach, Tomato & Pesto** 🥕

**Smoked Mackerel, Lemon & Dill Crème Fraiche**

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

## **Smashed White Bean, Kale & Cheddar Quesadillas** 🥕 ..... **£7.25**

Served with a homemade creamy BBQ dip

## **Warm Moroccan Roast Root Veg & Sweet Potato Salad** 🥕 ..... **£8.75**

Tossed with baby spinach & pomegranate seeds, topped with grilled halloumi

## **Cajun Chicken Breast, Chorizo & Avocado Burger** 🥕 ..... **£8.95**

grated cheese on a Portuguese or brown roll served with mixed leaves & hand-cut chips Add a Fried Egg 50p

## **Slow Cooked Lamb Shank in a Rich Port Jus** ..... **£9.50**

Served with creamy mash & braised red cabbage

## **Lemon, Herb & Parmesan Crusted Cod Fillet** ..... **£9.75**

With buttered new potatoes & steamed vegetables

## **Homemade Strawberry Cheesecake** ..... **£3.95**

from 'Bean Around the World'

### **SEASONAL JUICE**

#### **Super Boost Juice**

Reg **£2.90** / Large **£3.60**

A great pick me up for any time of day with Spinach, Kale, Cucumber, Apple & Lemon

Add Organic Spirulina **£1.25**

### **COFFEE OF THE MONTH**

#### **Mexican Finca La Aroura**

Reg **£1.65** / Large **£1.95**

Complex acidity, medium bodied with hints of caramel