



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