




July Specials, Weekdays 12pm – 8.00pm

Rolls or Sandwiches, *Add a mug of soup or hand cut chips for £1.95* **£3.95**
White or Brown Rolls, Sliced Bread, Pita or Tortilla Wrap:

- Chicken & Free Range Egg Club
- Pimento Cheese, Mayonnaise & Sweet Pepper 
- Sardine, Watercress & Horseradish Mayo

Grilled Courgette, Pinto Bean, Chilli & Cheese Quesadilla  **£7.25**
Grilled sandwich of warm tortillas served with guacamole, sour cream & salsa picante

Prosciutto, Rocket & Melon Salad with a Balsamic Drizzle **£7.95**

Veggie Chilli with Crunchy Tortilla & Avocado Salad  **£8.25**
Served with cucumber ribbons, a side of fresh chilli and Greek yoghurt

Grilled Steak Panzanella with Grilled Ciabatta, Spinach & Pickled Vegetables **£8.50**

Blue Cheese-Stuffed Burger with Grilled Red Onion & Baby Spinach **£8.95**
Served with hand-cut chips & white or brown roll

Keralan Coconut Fish Curry **£8.95**
Tamarind tangy curry with fresh haddock, onions, ginger, red chilli & coconut milk served with white or brown rice & nan bread

Drinks

Mango & Pomegranate Smoothie **Regular £2.80 / Large £3.80**
Summer power smoothie with almond milk, coconut water, sunflower seeds & flax seeds for magnesium, potassium and vitamin C for great skin, hair & nails

Coffee of the Month – Kenyan Gachami **Regular £1.60 / Large £1.80**
A lively citrus acidity with very clean fruit sweetness, makes the tongue tingle with satsuma zest and lemon rind, whilst keeping the sweetness that makes it so complex.

2 Course, £11 Set Menu, last orders 7.30pm, 3 course £14.00

Starters

- Homemade Soup, Home Baked Bread
- Mini Greek Mezze Plate
- Prosciutto, Rocket & Melon Salad
- Cheesy, Focaccia Garlic Bread

Mains

- Indonesian Chicken or Veg Nasi Goreng
- Grilled Courgette, Pinto Bean, Chilli & Cheese Quesadilla
- 6oz Big Jac or Veggie Burger & Hand Cut Chips
- Grilled Steak Panzanella with Grilled Ciabatta & Pickled Vegetables
- Fisherman's Basket & Hand Cut Chips

Desserts, made locally from Bean Around The World, served with Jersey Dairy Ice-Cream

- Sticky Toffee Pudding
- Hot Chocolate Fudge Cake
- Banoffee Pie

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