




# 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**

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## 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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