



Rolls, Sandwiches & Wraps

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

Roast Chicken, Rocket & Cranberry

Free Range Egg, Tomato, Avocado with Spicy Yoghurt 🥕

Smoked Salmon, Dill & Lemon Pate

£3.95

Add a mug of soup or hand cut chips

£1.95

Mexican Inspired Chicken, Bean and Avocado Tostadas with Chipotle Lime Sauce

£6.25

Crispy tortillas with grilled chicken, refried beans & grated cheese topped with Greek yoghurt and tomato

Mighty, Meaty Souper Stew

£5.25

(see the board for today's choice)

Goats Cheese, Kale, Beetroot, Cranberry & Walnut Salad

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£8.50

With an olive oil, dijon mustard & chai seed dressing

Cajun Spiced Sweet Potato, White Bean & Avocado Burger

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£8.50

Served on a white or brown roll with cos lettuce & tahini served with hand-cut chips & a side salad

Rib-Eye Steak, Roast Red Pepper & Pearl Barley Salad

£9.25

Tender strips of steak served with fresh watercress, red onion with a fresh olive oil & lemon zest dressing

Brazilian Style Fish Stew with Fresh Haddock & Prawns

£9.50

Coconut based stew with tomato, leek, onion, garlic & fresh chilli seasoned with fresh Coriander & lime juice

SEASONAL JUICE

Apricot & Strawberry Power Smoothie

Reg £2.80 / Large £3.50

With Jersey Dairy natural yoghurt, apple juice, flax seeds & honey. Packed with vitamin A & C, potassium, fibre & rich in antioxidants

COFFEE OF THE MONTH

Costa Rica San Rafael

Reg £1.60 / Large £1.80

From the Tarrazu region from independent growers, this coffee is well balanced with good body