

Served
Weekdays
12pm - 8pm

SUMMER

SPECIALS



Rolls or Sandwiches..... £3.95

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

Smoked Mackerel, Watercress & Garlic Aioli

Free Range Egg, Tomato, Avocado & Spicy Yoghurt 🥕

Chicken Waldorf

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

Falafel & Chickpea Scotch Egg with Ginger & Verjuice Tahini 🥕 £6.75

Chicken, Chipotle Chorizo & Fresh Avocado Tacos £7.95

Two small soft warm tortillas, topped with a spread of Greek Yoghurt, spiced black bean mix, fresh avocado & coriander, served with a healthy wedge of lime

Nicoise Salad with Crunchy Asparagus and a Dijon & Olive Oil Dressing £7.95

Free range eggs, tomatoes, cucumber & red onion on a bed of baby gems with fresh parsley

Add Grilled Salmon **£3.95** / Add Grilled Chicken **£2.25** / Add King Prawns **£2.95**

Panang Smoked Tofu Curry 🥕 £8.95

Coconut milk, chili, lemongrass, garlic, mushrooms, broccoli, red pepper & sugar snap peas served with white or organic brown rice & topped with chopped cashews & coriander

Chorizo Beef Burger with Fried Egg, Red Onion & Sriracha Mayo £8.95

On a Portuguese or brown roll with hand-cut chips & salad garnish

Chorizo Crusted Haddock with Cannellini Beans topped with Spinach Pesto... £9.25

Grilled Haddock topped with chorizo, grated parmesan cheese & fresh rocket

SEASONAL JUICE

Superfood Red Smoothie

Reg **£2.90** / Large **£3.60**

Raspberries, pomegranate, honey, soya & flax seeds

COFFEE OF THE MONTH

Costa Rica Azalec

Reg **£1.65** / Large **£1.95**

Balanced, full bodied with hints of caramel & dark plum