

Served  
Weekdays  
12pm - 8pm

JULY

SPECIALS



## Rolls or Sandwiches ..... £3.95

White or brown rolls, sliced bread, pita or tortilla wrap:

**Corned Beef, Cheddar & Pickle**

**Free Range Egg, Baby Spinach & Tomato** 🥕

**Mediterranean Tuna**

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

## “Kale” sadillas with Red Pepper, Kale, Red Onion & Cheddar 🥕 ..... £7.25

Grilled sandwich of warm tortillas served with guacamole, sour cream & salsa picante

Add Grilled Chicken Breast £3.95 (Kids Portion £4.50)

## Sweet Potato & Cannellini Bean Chilli 🥕🥕🌱 ..... £7.95

Topped with Fresh Coriander and served with organic brown or white rice with a cucumber salad with avocado dressing

## Jersey Strawberry, Rocket & Hemp Seed Salad 🥕🌱🌿 ..... £8.95

With toasted pecans tossed in coconut oil & served with a balsamic, maple & olive oil dressing.

Add Grilled Chicken Breast £3.95 or Grilled Salmon Fillet £4.25

## Marinated Chilli & Lime Chicken Kebabs ..... Starter £5.95 / Main £8.95

With char-grilled red onion & pineapple served with hand-cut chips & salad

## Blackened Salmon Burger with Herbed Cream Cheese 🥕 ..... £9.95

Minced salmon seasoned with paprika, cayenne, garlic & thyme with a toasted Portuguese white or brown roll spread with cream cheese, fresh avocado & watercress served with hand-cut chips

## Homemade Mango, Lime & Passionfruit Cheesecake ..... £3.95

With a ginger cookie base

### SEASONAL JUICE

#### Strawberry & Watermelon Smoothie 🍓🍉🌱

Reg **£3.50** / Large **£4.25**

Watermelon, strawberry, lime, almond milk, sunflower seeds & flax seeds

### COFFEE OF THE MONTH

#### Guatemala Antigua

Reg **£1.70** / Large **£1.95**

Good body, clean acidity, well balanced with lovely chocolate sweetness