

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