

Served  
Weekdays  
12pm - 8pm

JULY

SPECIALS



## Rolls or Sandwiches ..... £3.95

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

**Chicken Caesar Salad**

**Goats Cheese, Roasted Beetroot & Baby Spinach** 🥕

**Atlantic Prawn, Avocado & Lettuce**

**Chicken Tikka Wrap** 🥕

£5.75

Marinated chicken with shredded lettuce, cucumber, spring onion, fresh mint & natural yoghurt served with a salad garnish & ramekin of hand-cut chips Upgrade to Sweet Potato Chips 75p

**Beetroot, Red Apple, Watercress & Rocket Salad** 🥕 ✓

£8.50

With candy & root beetroot tossed in a lemon, olive oil & sea salt dressing

Add Grilled Chicken £2.95 / Add Grilled Salmon Fillet £4.25

**Salad Nicoise** 🥕

£8.95

Mixed salad leaves, green beans, plum tomatoes, new potatoes, free range boiled egg, black Olives, capers & anchovies sprinkled with parsley & served with our house dressing

Add Grilled Chicken £2.95 / Add Grilled Salmon Fillet £4.25

**Mediterranean Turkey Burger**

£9.25

Minced turkey, spinach, feta, sundried tomatoes, oregano, paprika & olive oil patties served with sliced tomato, shredded lettuce & mayonnaise on a Portuguese, brown roll or wholemeal pitta pocket with hand cut chips & side salad

Upgrade to Sweet Potato Chips for 75p

**Fresh Haddock & Spicy Chorizo Stew**

£10.50

Tomato based stew with butter beans, onions & red peppers served with crusty garlic ciabatta

SEASONAL JUICE

Reg £3.20  
Large £4.20

**Spinach, Mango Green Smoothie**

With oats milk, flaxseed, sunflower and pumpkin seeds

COFFEE OF THE MONTH

Reg £1.70  
Large £2.05

**Costa Rica Amapola**

Balanced acidity, caramel sweetness, full bodied

KEY: 🥕 Vegetarian Options 🌶️ Spicy ✓ Vegan Options 🌾 Gluten free 🚫 Dairy free 🧒 Kids portion available