

Served
Weekdays
12pm - 8pm

JUNE

SPECIALS



Rolls or Sandwiches £3.95

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

Turkey Caesar Salad

Free Range Egg Mayo & Watercress 🥕

Smoked Salmon, Cream Cheese, Capers & Dill

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

Mediterranean Vegetable & Feta Pitta Pocket 🥕 £6.25

Wholemeal pita with Portobello mushrooms, courgettes, peppers & red onion served with hand-cut chips & mixed salad leaves

Grilled Shrimp Tacos with Avocado Salsa 🥕 £7.95

Two small soft warm tortillas topped with a spread of sour cream, an avocado, tomato & coriander salsa, grilled cayenne tossed shrimps & shredded red cabbage served with a healthy wedge of lime

Whole-Wheat Spaghetti with Lemon & Broccoli Pesto 🚫🌿✓ £8.50

With broccoli florets, sunblush tomatoes & topped with fresh pine nuts

Fresh Watermelon, Baby Spinach, Red Onion & Feta Salad 🌿 £8.95

With a balsamic & olive oil dressing and topped with fresh basil

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

8oz Rib-Eye Steak 🥩 £12.95

topped with Free Range Fried Egg & Herbed Chilli Butter and served with hand-cut chips & mixed salad leaves

Homemade Blood Orange Tart with Crème Fraiche £3.95

SEASONAL JUICE

Coconut Passion Smoothie

Reg **£2.95** / Large **£3.65**

Passionfruit, coconut milk, sunflower, pumpkin & flaxseeds

COFFEE OF THE MONTH

Colombia 'La Manuela'

Reg **£1.70** / Large **£1.95**

Medium bodied coffee, sweet caramel & dark chocolate flavours