

Served
Weekdays
12pm - 8pm

JUNE

SPECIALS



Rolls or Sandwiches £3.95

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

Turkey Salad with Mustard Aioli

Lentil Chickpea Salad 🥕

Prawn Sandwich with Chipotle Avocado Mayonnaise

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

Chorizo, Roasted Red Pepper & Rocket on Toasted Ciabatta £5.75

Open sandwich with a herby natural yoghurt & served with side salad

Chickpea, Roast Sweet Potato & White Bean Salad 🥕 £9.25

With a Kale Pesto topped with cranberries, toasted walnuts & crumbled goats cheese

Add Grilled Chicken £3.25 / Add Grilled Salmon Fillet £4.25

Mashed Black bean and Roast Sweet Potato Burger 🥕 🥛 £9.25

Homemade Burger patties with brown rice, walnuts, onion and spices layered with lettuce, tomato, avocado

and a side of barbeque sauce served on a Portuguese, brown or wholemeal pitta & served with hand-cut chips

(Upgrade to Sweet Potato Chips 75p)

Lemongrass & Ginger Mussels £9.50

Scottish moules cooked with coconut milk, garlic, shallots & chillies & seasoned with fresh coriander

with Garlic Ciabatta & Hand-Cut Chips

Rib-Eye Steak Salad £10.75

Sliced Irish rib-eye with marinated red onions, feta & cherry tomatoes, fresh watercress, croutons,

house dressing & topped with cranberries

SEASONAL JUICE

Reg **£3.20**
Large **£4.20**

Super Green Carrot Juice

Spinach, celery, carrot, apple, lemon & parsley

Watermelon Refresher

Watermelon, turmeric, orange & ginger

COFFEE OF THE MONTH

Reg **£1.70**
Large **£2.05**

Costa Rica Amapola

Balanced acidity, caramel sweetness, full bodied.

WALK 100m THIS WAY!

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

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