


March Specials, Weekdays 12pm – 8.00pm

Rolls or Sandwiches, *Add a mug of soup or hand cut chips for £1.95* £3.95

White or Brown Rolls, Sliced Bread, Pita or Tortilla Wrap:

- Bacon, Lettuce, Tomato
- Feta, Mediterranean Vegetable & Lemon Mayonnaise 
- Chicken & Mozzarella with Roasted Red Pepper & Rocket

Smoked Trout, Goat's Cheese & Basil Crostini's £5.75

Warm Shredded Kale, Pinto Bean & Sweet Potato Salad 
With a Pumpkin Seed Dressing £7.50

Super Veggie Quinoa & Black Bean Chilli 
Served with White or Brown Rice, Fresh Tortilla Chips and Side of Greek Yoghurt £7.75

Homemade BBQ Marinated Chicken Burger £8.25
With Crispy Bacon, Lettuce, Tomato & Red Onion on a White or Brown Roll, Hand-Cut Chips & Garnish

Minced Lamb, Potato, Aubergine & Lentil Moussaka £8.50
With a Grilled Greek Yoghurt Topping Served with Dressed Mixed Salad Leaves

Fragrant Thai-Style Fish & Noodle Broth £8.25
Prawns, Haddock, Pak Choi, Lemongrass, Chili & Lime

Desserts

Banana, Pecan & Kahlua Split £4.25

Juice of the Month - Super Green Popeye Juice Regular £2.80 / Large £3.80
Stacked with Vitamin A, C & E, Iron & Magnesium for added Brain Power, Spinach, Apple and Orange Juice with Ginger, Sunflower & Pumpkin Seeds

Coffee of the Month - Rwandan "Inzovu" Regular £1.50 / Large £1.70
The Coffee is produced by a group of 30 coffee members formed in 2007, they call themselves 'Urengerekawa' which means 'Let us protect coffee.' A medium acidic well balanced coffee with a smooth body and long finish. Dominant flavours of Blackberry, Plum & Milk Chocolate.

Set Menu, last orders 7.30pm, 2 course £12.50, 3 course £15.00 + Coffee

Starters

- Goats Cheese & Smoked Trout Crostini
- Homemade Soup, served with Home Baked Bread
- Mini Greek Mezze Plate

Mains

- Fisherman's Basket & Hand cut Chips
- Indonesian Chicken Nasi Goreng
- Warm Shredded Kale & Sweet Potato Salad
- 6oz Big Jac or Veggie Burger & Hand Cut Chips

Desserts

- Warm Apple Pie with Cream or Ice-Cream
- Hot Chocolate Fudge Cake & Vanilla Ice Cream
- Banana, Pecan & Kahula Split

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