


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, Organic Sesame Pita or Tortilla Wrap:


- Chicken & Avocado
- Waldorf Tuna Salad
- Avocado, Spring Onion & Egg Salad 

West Indian Sweet Potato & Chickpea Roti Wrap  £4.95

Mighty, Meaty Souper Stew (see the board for today's choice) £5.25

Chicken & Chorizo Creole Jambalaya £8.25
Traditional Louisiana dish with tomatoes, peppers, onions, celery and rice

Smoked Mackerel and Organic Quinoa Salad £8.50
Tossed with baby spinach, blueberries, radish and an olive oil, lemon and miso dressing, then topped with pomegranate & pumpkin seeds

Chipotle Sweet Potato & Black Bean Burger  £8.75
Served in an organic sesame pita with sliced avocado, a side of chipotle mayo, hand-cut chips and an Asian slaw, *Add grilled Chorizo for a £1*

Massaman Duck & Potato Curry £9.75
Coconut based curry topped with toasted cashews & served with basmati or organic brown rice

Dessert of the Month – Tiramisu Sundae £4.95
Sponge fingers laced with bean espresso & kahula, chocolate and vanilla ice cream, fresh cream & chocolate shavings

Seasonal Juice – Passionfruit Protein Smoothie Reg £2.80 / Large £3.50
With mango, passionfruit, soya milk, natural bio yoghurt, sunflower & flax seeds.

Coffee of the Month - El Salvador "Cacahuatique" Reg £1.60 / Large £1.80
This well rounded coffee has toffee sweetness & hints of plums

2 Course, £11 Set Menu, last orders 7.30pm, 3 course £14.00

Starters

- Homemade Soup, Home Baked Bread
- Mini Greek Mezze Plate
- Crab Cakes with Sweet Chilli Sauce
- Cheesy, Focaccia Garlic Bread

Mains

- Indonesian Chicken or Veg Nasi Goreng
- Roast Squash & Chilli Salad
- 6oz Big Jac or Veggie Burger & Hand Cut Chips
- Smoked Mackerel, Quinoa & Blueberry Salad
- Fisherman's Basket & Hand Cut Chips

Desserts, made locally from Bean Around The World, served with Vanilla Ice-Cream

- Belgium Apple Pie with Fresh Cream
- Hot Chocolate Fudge Cake
- Fresh Baked Waffles Topped with Banana, Maple Syrup & Fresh Cream (allow 10 mins)

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