

Served
Weekdays
12pm - 8pm

MARCH

SPECIALS



Rolls or Sandwiches..... £3.95

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

Chicken, Mozzarella & Pesto

Egg Mayo, Baby Spinach & Tomato

Prawn, Avocado & Vietnamese Pickled Salad

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

Quinoa, Black Beans, Feta, Baby Spinach & Avocado Wrap..... £5.75

Served with an avocado & tahini dip, mixed leaves & a ramekin of hand-cut chips

Buffalo Chicken & Avocado Burger £8.25

With crumbled blue cheese, tomato & onion served on a white or brown roll with hand-cut chips

Superfood Salad with a Ginger, Lemon & Whole Grain Mustard Dressing £8.50

With kale, red cabbage, broccoli, carrot, red peppers & avocado topped with fresh parsley, sesame seeds & walnuts

Pan Fried Lambs Liver & Crispy Bacon with Red Onions & Gravy £8.95

Served with creamy mash potato & braised cabbage

King Prawn Linguine (Kids Portion £4.75)..... £9.25

In a tomato, onion, garlic, oregano & basil sauce (optional chilli)

Homemade Dark Chocolate & Beetroot Cake £4.25

Made in 'Bean Around the World Bakery' & served with Natural Yoghurt

SEASONAL JUICE

Rainbow Remedy

With apple, cucumber, red cabbage, tomato, ginger, celery, beetroot, lemon & carrot

Reg **£2.90** / Large **£3.60**

Kickin Kale Juice

With kale, celery, parsley, cucumber, lemon ginger & apple

Reg **£2.90** / Large **£3.60**

COFFEE OF THE MONTH

Guatemala El Gualton

Reg **£1.65** / Large **£1.95**

Clean acidity, medium bodies, sweet, smooth, caramel flavours