

Served
Weekdays
12pm - 8pm

MARCH

SPECIALS



Rolls or Sandwiches £3.95

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

Turkey Club with Crispy Bacon, Tomato, Lettuce & Mayo

Feta, Hummus, Beetroot & Rocket 🥕

Prawn & Lime Mayo with Fresh Avocado

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

Mexican Style Chilli Beef Quesadillas 🥕 £7.95

2 x 2 soft warm tortillas sandwiched and toasted with our chilli beef & melted mild cheddar served with sides of guacamole, sour cream & salsa picante. Add Jalapenos for 60p

Sweet Potato, Baby Spinach, Aubergine & Chickpea Stew ✓ 🚫 £8.50

Served with organic brown rice and fresh coriander

Smoky Beetroot & Walnut Burger £8.95

Brown rice, green lentils, raisins, beetroot & smoked paprika burger topped with sliced avocado on a Portuguese or brown roll, served with mixed leaves, hand-cut chips & a side of feta yoghurt. Add Grilled Goats Cheese £1.25 / Add a Fried Egg 60p

Chicken, Asian Vegetable & Mushroom Laksa 🚫 🌿 £8.95

A Malaysian curried broth with coconut milk, rice noodles, beansprouts & seasoned with fresh coriander

Naked Salmon Burger £9.25

with Avocado & Rocket Salad with a side of Chipotle Mayo

Homemade Sticky Coffee Pudding £4.25

from 'Bean Around the World Bakery' served with Jersey Dairy toffee honey crunch ice-cream

SEASONAL JUICE

Power Boost Green Smoothie

Reg **£2.95** / Large **£3.65**

Fresh avocado, baby spinach, cucumber, kale, pineapple & coconut water

COFFEE OF THE MONTH

Costa Rica Tarrazu 'Amapola'

Reg **£1.70** / Large **£1.95**

Sweet, rich & full bodied with hints of chocolate flavour