

Served  
Weekdays  
12pm - 8pm

MARCH

SPECIALS



## Rolls or Sandwiches ..... £3.95

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

**Ham & Cheese Salad with Mayonnaise**

**Brie, Baby Spinach & Mango Chutney** 🥕

**Atlantic Prawn Mary Rose & Salad**

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

## Prosciutto, Mozzarella & Pesto on Warm Rosemary Focaccia ..... £5.95

Served with a mixed salad leaves

## Sweet Potato & Black Bean Chilli with Tortilla Chips 🥕 ✓ 🥛 ..... £8.50

Served with organic brown or basmati rice & topped with fresh coriander

## Grilled Haloumi, Rocket & Pomegranate Salad 🥕 ..... £8.95

**Kid's Portion** 🧒 £4.95

Served with an olive oil, lemon & Dijon mustard dressing & topped with caramelised walnuts.

Add Grilled Chicken **£2.95** / Add Grilled Salmon Fillet **£4.25**

## Wok Fried Beef & Crunchy Vegetable Stir Fry ..... £9.25

With noodles, red peppers, mange tout, baby corn, spring onions & red chillies with soy, sesame oil & lime sauce, topped with beansprouts & fresh coriander

## Spiced Salmon Kebabs with Bulgar Wheat Salad ..... £9.50

Served with a natural yoghurt & chive dip & a wedge of lemon

### SEASONAL JUICE

#### Strawberry & Coconut Smoothie

Reg **£3.50** / Large **£4.25**

With fresh banana, pumpkin seeds & goji berries

### COFFEE OF THE MONTH

#### Colombian 'Timana'

Reg **£1.70** / Large **£1.95**

Full bodied with rich flavors and hints of dark chocolate and hazelnut