

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