


May Specials, Weekdays 12pm – 8.00pm

Rolls or Sandwiches,

£3.95

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

- Brie, grape & red onion marmalade
- Grilled aubergine, tomato & tahini yoghurt 
- Roast turkey, bacon & blue cheese

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

Roast Pumpkin & Goats Cheese Quesadillas

Grilled sandwich of warm tortillas served with guacamole, sour cream & salsa picante

£7.25

Warm Puy Lentil, Cherry Tomato & Grilled Halloumi Salad

£7.95

Served with a lemon & olive oil dressing & garnished with coriander

Roast Mediterranean Vegetable Quinoa Pilaf

£7.95

Tossed with fresh lemon zest & oregano

Thai-Style Moules served with home baked bread

£8.25

Thai Fish Burger

£8.75

Home-made with shallots, garlic, chili, coriander & lemongrass topped, drizzled with sweet chili sauce on white or brown roll with hand-cut chips

Lamb Dhansak

£9.25

Diced lean lamb cooked with butternut squash, lentils & tomatoes in a masala sauce tempered with coriander & cumin seeds, ginger & garlic served with white or brown rice & poppodums

Desserts

Homemade Strawberry Cheesecake

£3.95

With a crumbly biscuit base, topped with cream cheese & layered with strawberry coulis & fresh strawberries

Drinks

AM Sunrise Juice

Regular £2.80 / Large £3.80

A perfect balance of pink grapefruit, apple, carrot, ginger & lemon to kick start your day with vitamin A & C, fiber & potassium

Coffee of the Month – Costa Rica Tarrazu “Amopola”

Regular £1.50 / Large £1.70

Sourced from the Los Frailes & Bustamente regions of Costa Rica “Amopola” is sweet, rich & full bodied which compliments the deep chocolate flavors. Roasted medium-dark to bring out the best this high quality Arabica has to offer

Set Menu, last orders 7.30pm, 2 course £11.00, 3 course £14.00

Starters

- Crab cakes with mixed leaves & sweet chili sauce
- Homemade soup, served with home baked bread
- Mini Greek mezze plate
- Roast Pumpkin and Goats cheese Quesadillas

Mains

- Fisherman’s basket & hand cut chips
- Indonesian chicken nasi goreng
- Warm puy lentil, cherry tomato & Grilled halloumi salad
- 6oz Big Jac or veggie burger & hand cut chips
- Roast Mediterranean vegetable quinoa pilaf

Desserts

- Warm apple pie with cream or ice-cream
- Hot chocolate fudge cake & vanilla ice cream
- Homemade strawberry cheesecake