

May Specials, Weekdays 12pm – 8.00pm

Rolls or Sandwiches, *Add a mug of soup or hand cut chips for £1.95* £3.95
White or Brown Rolls, Sliced Bread, Pita or Tortilla Wrap:

- Bacon, Tomato & Avocado with Garlic Mayonnaise
- Grilled Aubergine, Red Pepper & Cannellini Bean Puree 🥕
- Tuna Mayonnaise, Avocado, Red Onion & Black Olive

Baby Spinach, Sun-Blush Tomato & Feta Quesadillas 🥕 £7.25
Two grilled sandwiches of warm tortillas served with guacamole, sour cream & salsa picante

Mighty, Meaty Souper Stew (see the board for today's choice) £5.25

Slow Cooked Turkey Chili £8.50
Served with crispy tortilla chips, sour cream and white basmati or organic brown rice

Superfood Salad with Organic Quinoa & Homemade Dressing 🥕 £8.75
Roast beets, squash, chestnut mushrooms, Garden peas, broccoli, alfalfa, tomato & red cabbage with toasted mixed seeds.

Moroccan Spiced Lamb Burger with Beetroot, Red Onion & Orange Salsa £9.25
Minced lamb burger with shallots, garlic, jalapenos & coriander on a white or brown roll, served with hand-cut chips & Asian slaw

Flaked Smoked Trout, Watercress, Caper & Jersey Royal Salad £9.50
With a Crème Fraiche & Lemon Zest Dressing

Seasonal Juice –

Superfood Red Smoothie Reg £2.80 / Large £3.60
Raspberries, strawberries, goji berries, honey, almond milk, coconut oil & natural yoghurt

Coffee of the Month

Guatemala El Guatalon Estate Reg £1.65 / Large £1.90
Floral aroma, bright and well balanced. Excellent body with caramel flavors

2 Course, £11 Set Menu, last orders 7.30pm, 3 course £14.00

Starters

- Homemade Soup, Home Baked Bread
- Baby Spinach, Sun-Blush Tomato & Feta Quesadillas
- Crab Cakes with Sweet Chilli Sauce
- Cheesy, Focaccia Garlic Bread

Mains

- Indonesian Chicken or Veg Nasi Goreng
- Roast Squash & Chilli Salad
- 6oz Big Jac or Veggie Burger & Hand Cut Chips
- Slow Cooked Turkey Chilli
- Fisherman's Basket & Hand Cut Chips

Desserts, made locally from Bean Around The World, served with Vanilla Ice-Cream

- Belgium Apple Pie with Fresh Cream
- Hot Chocolate Fudge Cake
- Fresh baked waffles with Vanilla Ice-Cream & Real Maple Syrup

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