

Served
Weekdays
12pm - 8pm

MAY

SPECIALS



Rolls or Sandwiches £3.95

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

Ham, Cheese & Gherkin with Dijon Mustard

Roasted Red Pepper Hummus, Avocado & Feta 🥕

Smoked Salmon, Free Range Egg, Baby Spinach with Lemon Greek Yoghurt

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

Black Bean Tacos 🥕 £5.95

with Avocado, Coriander & Lime Dressing, shredded lettuce, grated cheddar & diced cherry tomatoes

Gnocchi Arrabbiata 🥕 £8.25

Fresh gnocchi in a tomato, chilli, garlic & onion sauce with crusty garlic bread with Fresh Rocket & Shaved Parmesan

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

Grilled Halloumi Burger 🥕 £8.95

with Genuine Jersey Roasted Red Pepper Ketchup, fresh rocket, roasted courgettes & red pepper on a Portuguese, seeded brioche, brown roll or wholemeal pitta pocket with hand cut chips & side salad (+30p brioche)

Chinese Kung Pao Chicken Stir Fry 🥕 £8.95

Szechuan-inspired spicy and slightly sweet stir fry with spring onion, garlic, chilli & ginger served with organic brown or white basmati rice.

Smoked Mackerel with New Season Jersey Royal Salad £9.25

With fresh watercress & served with a crème fraiche, horseradish & lemon dressing

SEASONAL JUICE

Energy Booster Red Smoothie

Reg **£3.20** / Large **£4.20**

Strawberry, Mango, Cranberry, goji berries & flax seeds

COFFEE OF THE MONTH

Colombian 'Timana'

Reg **£1.70** / Large **£2.05**

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