

November 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:

- Grilled Chicken, Crispy Bacon, Baby Gem & Caesar Dressing
- Mozzarella, Rocket & Sun-Blush Tomato Pesto 🥕
- Prosciutto, Tomato, Rocket & Pesto

Piri-Piri Chicken & Red Pepper Wrap £5.50

Served with a salad garnish & a ramekin of hand-cut chips

Super Veggie Quinoa & Black Bean Chilli 🥕 £7.95

Served with white or organic brown rice, tortilla chips & a side of Greek yoghurt

Aussie Chicken Burger £8.25

With pineapple, fried egg & beetroot served on a white or brown roll with a sweet chilli mayonnaise & hand-cut chips

Superfood Salad Butternut Squash & Barley 🥕 £8.50

With steamed broccoli, red onions, sun-blush tomatoes, pumpkin seeds, black olives & capers

Lamb & Sweet Potato Rogan Gosh £8.95

Served with white or brown rice, nan bread, poppadoms & a side of mango chutney

Moroccan Fish Tagine £8.95

With a side of fruited couscous

Seasonal Smoothie –

Super Green Popeye Juice Reg £2.90 / Large £3.60

Stacked with vitamin A, C & E, iron & magnesium for added brain power with spinach, apple, orange, ginger, sunflower & pumpkin seeds

Coffee of the Month

TBC Reg £1.65 / Large £1.95

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

Starters

- Homemade Soup, Home Baked Bread
- Mini Greek Mezze (v)
- Crab Cakes with Sweet Chilli Sauce
- Cheesy Ciabatta Garlic Bread (v)

Mains

- Indonesian Chicken or Veg Nasi Goreng
- Roast Squash & Chilli Salad (v)
- 6oz Big Jac or Veggie Burger & Hand Cut Chips
- Moroccan Fish Tagine
- Fisherman's Basket & Hand Cut Chips

Desserts (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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