

SEASONAL JUICE



Winter Booster Orange Smoothie REGULAR £3.20
Orange, carrot, ginger, apple & almond milk
LARGE £4.20

What's **NEW!** this month?

Sweet Potato

Massaman Curry 🥕🥕 ✓

£8.75

In a coconut based sauce with ginger, turmeric, lemongrass, garlic, red peppers & green beans topped with toasted peanuts, shallots & fresh coriander & served with organic brown or white rice

Add Grilled Chicken £2.95

Add Grilled Salmon Fillet £4.50

Add King Prawns £3.95

Roast Red Pepper, Baby Spinach & Feta Pasta 🥕

£8.25

Whole wheat penne tossed in olive oil, garlic, & olives topped with toasted pine nuts & fresh parsley with a side of optional sliced fresh chilli

Add Grilled Chicken £2.95

Add Grilled Salmon Fillet £4.50

Add King Prawns £3.95

Marinated Tandoori Chicken

Tikka Wrap

£5.95

With crisp iceberg lettuce, homemade tzatziki, a side of mango chutney & ramekin of hand-cut chips

Thai Turkey Burger with Spicy

Carrot Ginger Sauce 🥕

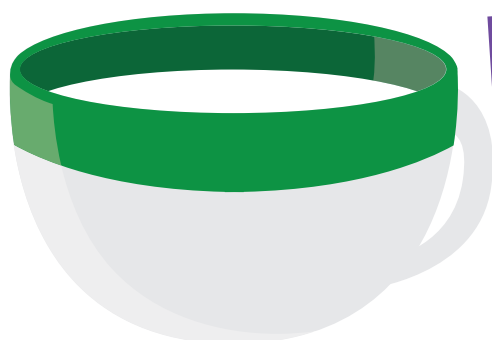
£9.50

6oz homemade turkey burger with thai spices served with lettuce, cucumber & pickle on a white or brown roll with hand-cut chips & salad Add Jalapenos for an added kick 60p / Upgrade to sweet potato chips 75p

Roasted Vegetable, Pearl Barley & Baby Spinach Salad 🥕 ✓

£8.95

With beetroot, chestnut mushrooms, leeks & garlic in a baby spinach salad with a olive oil & balsamic dressing topped with toasted hazelnuts & fresh parsley



COFFEE OF THE MONTH

Costa Rica 'Tarrazu Amapola'

Sweet, rich and full bodied with cocoa & chocolate flavours

REGULAR £1.70

LARGE £2.05