

# 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