


October 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:

- Chicken salad with walnut dill dressing
- Feta, hummus, beetroot & rocket 
- Home-cooked ham & piccalilli

Pan Fried Mushrooms & Prosciutto on Toasted Ciabatta £6.25

Roasted Mediterranean Vegetable Lasagne  £8.25
Served with our dressed Asian slaw

Super Food Salad with Blueberry & Ginger Dressing  £8.50
Kale, beetroot, broccoli, puffed quinoa and avocado topped with an Omega-pumped seed mix with a blueberry, and ginger vinaigrette

Sri Lankan Chicken Curry £8.75
Served with basmati or brown rice, nan bread, poppadum's & a side of mango chutney

Asian-Style Pork Burger £8.95
6oz homemade pork burger with our Asian slaw, hand-cut chips & white or brown roll

Sicilian-Style Fish Stew £8.95
White fish cooked in a rich broth of white wine, tomato & herbs served with cous cous & garlic focaccia

Drinks – Winter Elixir Regular £2.80 / Large £3.80
This energy booster is a great pick me up any time of day with apple, pear, fresh ginger, lemon & cinnamon

Coffee of the Month – Costa Rica Tarrazu "Amopola" Regular £1.60 / Large £1.80
This full bodied and classic Costa Rica is from the region of Tarrazu, with flavors of chocolate & hints of hazelnut.

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

Starters

- Homemade Soup, Home Baked Bread
- Mini Greek Mezze Plate
- Mushroom & Prosciutto on Toasted Ciabatta
- Cheesy, Focaccia Garlic Bread

Mains

- Indonesian Chicken or Veg Nasi Goreng
- Roast Squash & Chilli Salad
- 6oz Big Jac or Veggie Burger & Hand Cut Chips
- Sicilian-Style Fish Stew
- Fisherman's Basket & Hand Cut Chips

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

- Belgium Apple Pie with Fresh Cream
- Hot Chocolate Fudge Cake
- Homemade Banoffee Pie