

# 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:

- Smoked Mackerel, Watercress & Aioli Mayonnaise
- Brie, Mango Chutney & Baby Spinach 🥕
- Chicken Waldorf Salad

Chicken & Chorizo Wrap £5.50  
Served with a salad garnish & a ramekin of hand-cut chips

Spicy Black Bean & Cheddar Quesadillas 🥕 £7.50  
Two grilled sandwiches of warm tortillas served with Guacamole, Sour Cream & Salsa Picante

Veggie Chilli with Crunchy Tortilla & Avocado Salad 🥕 £8.50  
Served with cucumber ribbons, a side of fresh chilli & Greek yoghurt

Superfood Salad with Organic Quinoa & Homemade Dressing 🥕 £8.75  
Roast beets, butternut squash, chestnut mushrooms, garden peas, brocolli, tomato & spinach with toasted mixed seeds

Minced Lamb, Aubergine & Lentil Moussaka £8.95  
With a grilled Greek yoghurt & feta topping served with steamed veggies

Keralan Coconut Fish Curry £8.95  
Tamarind tangy curry with fresh haddock, onions, ginger, red chilli & coconut milk served with white or organic brown rice

## Seasonal Smoothie –

Superfood Red Smoothie Reg £2.90 / Large £3.60  
Raspberries, pomegranate, honey, soya milk, coconut oil, sunflower & pumpkin seeds

## Coffee of the Month

Ethiopian Sidamo Reg £1.65 / Large £1.95  
Medium- Roast with sweet citrus aromatics and pleasing maple syrup-like body. The wild sweet lemon and floral tones round out into a smooth, clean finish

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

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### Starters

- Homemade Soup, Home Baked Bread
- Spicy Black Bean & Cheddar Quesadillas (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
- Minced Lamb, Aubergine & Lentil Moussaka
- 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