

Served
Weekdays
12pm - 8pm

OCTOBER

SPECIALS



Rolls or Sandwiches £3.95

White or Brown Rolls, Sliced Bread, Pita or Tortilla Wrap

Smoked Salmon, Beetroot & Spinach

Mediterranean Vegetable, Feta & Tapenade 🥕

Chicken, Smoked Bacon & Guacamole

Add a mug of soup or hand cut chips for £1.95

Chipotle Black Beans & Avocado Quesadillas 🥕🥕 £7.50

Two soft warm toasted tortillas served with sour cream, guacamole & salsa picante

Add on grilled chicken £2.95

Homemade Chicken Kiev with Basmati Rice £8.25

with Green Peas & Sweetcorn

Sweet Potato & White Bean Burger with Fresh Avocado 🥕🌱 £8.75

Topped with lettuce & tomato & served on a Portuguese or brown roll with hand-cut chips & salad

Spicy Kofta Lamb Kebabs 🥕 £5.25 / £9.25

with Minted Yoghurt & Ice-Berg Lettuce

Grilled Teriyaki Salmon Fillet £9.50

with Fresh Beetroot & Cucumber Salad

SEASONAL JUICE

Superfood Smoothie

Reg **£2.90** / Large **£3.60**

...with apple, kiwi, spinach & ginger

COFFEE OF THE MONTH

Costa Rica Azalec

Reg **£1.70** / Large **£1.95**

Balanced, full bodied with hints of caramel & dark plum