

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