

Served  
Weekdays  
12pm - 8pm

OCTOBER

SPECIALS



## Rolls or Sandwiches ..... £3.95

White or brown rolls, sliced bread, pita or tortilla wrap:

**Turkey, Crispy Bacon & Avocado**

**Curried Free Range Egg Salad** 🥕

**Smoked Salmon, Watercress & Cream Cheese**

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

## Mexican Style Chilli Beef Quesadillas 🥕 ..... £7.75

Two soft warm tortillas filled with grated cheese & chilli beef served with sour cream, guacamole & salsa picante

## Sweet Potato, Baby Spinach, Aubergine & Chickpea Stew 🥕 🚫🍗 ✓ ..... £8.50

Served with organic brown rice and fresh coriander

## Healthier Turkey, Apricot & Oat Burger ..... £8.95

Served on a Portuguese or brown roll with hand cut chips

& a side of tangy tomato chutney

## Homemade Falafel, Beetroot & Goats Cheese Salad 🥕 🌿 ..... £8.95

With puy lentils, roasted butternut squash, watercress,

toasted seeds & our homemade dressing

Add Grilled Chicken Breast £3.95 / Add Grilled Salmon Fillet £4.25

## Grilled Salmon, Baby Spinach & Butternut Squash Gnocchi ..... £9.25

Served with a parmesan cream sauce

### SEASONAL JUICE

#### Mango Matcha Green Smoothie 🚫🍗 ✓

Reg £3.75 / Large £4.50

Matcha green tea, almond milk, mango & baby spinach

### COFFEE OF THE MONTH

#### Guatemala 'Los Volcanos'

Reg £1.70 / Large £1.95

Rich in flavor with velvety chocolate body and notes of caramel & orange