

SEASONAL JUICE



Blueberry & Spirulina Smoothie **REGULAR** £3.20
 With baby spinach, fresh banana,
 coconut water & organic medjool dates **LARGE** £4.20

What's **NEW!** this month?

Mexican Vegetable Fajitas 🥕🌶️ **£6.25**
 Stir fried onions, peppers, courgettes & aubergine with
 Mexican fajita spices in a grilled tortilla with a fresh
 tomato, jalapeno & cilantro, rice & grated cheese served
 with sour cream and a wedge of lime
Add Grilled Chicken £2.95 / Add King Prawns £3.95

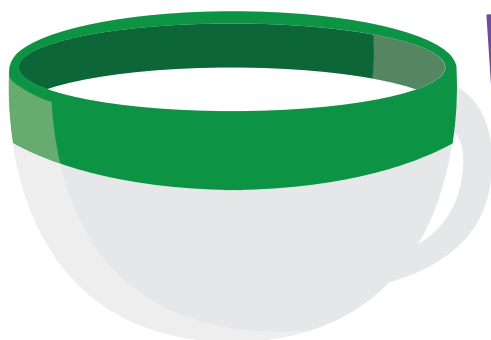
Cajun Chicken & Avocado Burger **£8.95**
 Chicken breast with bacon, grilled cheese, baby
 spinach & mayonnaise served on a Portuguese, brown
 or wholemeal pitta with hand cut chips & salad garnish
Add a fried egg or jalapenos 60p
Upgrade to sweet potato chips 75p

Fully Loaded Vegan Chili ✓ **£8.50**
 With organic quinoa, black beans, peppers, tomatoes &
 crushed walnuts, seasoned with garlic, paprika, cumin
 & oregano & topped with fresh coriander & avocado

Thai Red Fish Curry **£9.50**
 Fresh haddock, mangetout, baby corn & shallots
 cooked in a thai red curry paste with coconut milk,
 seasoned with fresh coriander & served with organic
 brown or white rice

Moroccan Chickpea & Quinoa Salad 🥕✓ **£8.95**
 A power salad with carrot, spring onion, chopped dates &
 raisins served with an olive oil, honey & lemon dressing,
 topped with chopped pistachios & fresh parsley
Add Grilled Chicken / Add Fillet of Salmon £4.95 /
Add King Prawns £3.95

Smashed Avocado on Toast ✓🥕 **£5.75**
 Add smoked salmon **£3.95**
 Add poached eggs **£1.60**
 Add roasted red pepper **£1.50**



COFFEE OF THE MONTH

Honduras Fair Trade Organic
 A clean full bodied coffee. Fair Trade
 certified and organically grown.

REGULAR £1.70
LARGE £2.05