

September 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:

- Fruited Curry Chicken Salad
- Tuna, Sunblush Tomato & Black Olive Mayo
- Free-Range Egg, Avocado & Spring Onion Salad 🥕

Mexican Chilli Bean & Jalapeno Wrap 🥕 £5.25

Served with a salad garnish & hand-cut chips

Smoked Mackerel, Baby Spinach & Organic Quinoa Salad £8.50

Tossed with blueberries, radish & an olive oil & lemon dressing, topped with pomegranate & pumpkin seeds

Butternut Squash, Goats Cheese, Spinach & Mushroom Lasagne 🥕 £8.50

Topped with pine nuts & served with a salad garnish

Massaman Chicken & Sweet Potato Curry £8.75

Coconut based curry topped with toasted cashews & served with basmati or organic brown rice

Sausage Gnocchi with Warm Kale & Bean Salad £8.95

With fennel seeds, chillies, rosemary & bacon tossed in a tomato based sauce & served with a warm kale & bean salad topped with hazelnuts

Thai-Style Fish & Noodle Broth £8.95

With prawns, haddock, pak choi, lemongrass, chilli & lime

Seasonal Smoothie –

Superfood Smoothie: Mango, Coconut Water & Pomegranate Reg £2.90 / Large £3.60

Soya milk, sunflower & flax seeds for magnesium, potassium & vitamin C for great skin, hair & nails

Coffee of the Month

Nicaragua 'Hacienda Sajonia' Reg £1.65 / Large £1.95

Medium roast. Vibrant acidity, long smooth body with chocolate flavours.

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

Starters

- Homemade Soup, Home Baked Bread
- Mini Greek Mezze Plate (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
- Massaman Chicken & Sweet Potato Curry
- Fisherman's Basket & Hand Cut Chips

Desserts (Served with Vanilla Ice-Cream)

- Belgium Apple Pie with Fresh Cream
- Hot Chocolate Fudge Cake
- Homemade Strawberry Cheesecake