

Served  
Weekdays  
12pm - 8pm

# SEPTEMBER

# SPECIALS



## **Rolls or Sandwiches ..... £3.95**

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

**Chicken, Crispy Bacon, Lettuce, Tomato & Mayo**

**Brie, Baby Spinach & Mango Chutney** 🥕

**Smoked Mackerel, Baby Spinach & Garlic Mayo**

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

## **Grilled Vegetable Quesadillas 🥕 ..... £7.50**

with Mozzarella Cheese & Pesto in a soft tortilla with grilled butternut squash, aubergine, red pepper, mushrooms & red onion served with guacamole, sour cream & salsa. Add Grilled Chicken Breast £3.95

## **Panang Smoked Tofu Curry 🥕 🥕 🌿 ..... £8.75**

Coconut milk, chilli, lemongrass, garlic, mushrooms, broccoli, red pepper & sugar snap peas served with basmati or organic brown rice & topped with chopped cashews & coriander

## **Fresh Blueberry, Avocado, Quinoa & Kale Salad 🥕 🌿 ..... £8.95**

Topped with a honey, lime & poppy seed dressing

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

## **Asian Burger with Sriracha Mayonnaise 🥕 ..... £8.95**

Homemade lean mince steak burgers with Asian mix served with slaw, sriracha mayo & fresh coriander on a Portuguese or brown roll with hand cut chips

## **Smoked Mackerel, Watercress, Roast Radish & New Potato Salad ..... £8.95**

With a Greek yoghurt, lemon, garlic & olive oil dressing sprinkled with chopped dill

### SEASONAL JUICE

#### **Cleansing Detox Green Smoothie 🌿 🌿**

Reg **£3.50** / Large **£4.25**

Pineapple, banana, lemon, coconut water & spirulina

### 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