

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