LUNCH MENU

ANY SANDWICH, WRAP OR FLATBREAD, WEDGES AND SELECTED DRINK £5.50
DRINKS INCLUDE COKE, DIET COKE, LEMONADE, TEA OR FILTER COFFEE, FRUIT JUICE.
ADD MOONSHINE, AMSTEL OR SYMONDS CIDER FOR £1 EXTRA

COLD SANDWICHES & WRAPS
ALL SANDWICHES AND WRAPS ARE SERVED WITH SALAD & NAKED COLESLAW

CHICKEN BLT £4.55
SLICED BREAD WITH SLICED TOMATO, CHICKEN BREAST, STREAKY SMOKED BACON, LETTUCE & MAYO

HALLOUMI STACKER (V) £4.55
SLICED BREAD WITH SLICED TOMATO, COURGETTE RIBBONS, GUACAMOLE, RED PEPPERS, HALLOUMI, LETTUCE

GOATS CHEESE & SPINACH WRAP (V, VV*) £4.50
GOATS CHEESE, BEETROOT, TOASTED SEEDS, SPINACH, BALSAMIC GLAZE IN A SPINACH WRAP, REPLACE GOATS CHEESE WITH TOFU TO MAKE VEGAN

MAIN MEALS
VEGETARIAN (V) OR VEGAN ENCHILADA (VV) £5.95
STUFFED WITH BUTTERNUT SQUASH, SWEET POTATO, BLACK BEANS, CHEESE/VEGAN CHEESE WITH POTATO WEDGES

CHICKEN & CHORIZO ENCHILADA £5.95
TOPPED WITH CHEESE IN A CHIPOTLE SAUCE WITH POTATO WEDGES

COLD SANDWICHES & WRAPS
ALL SANDWICHES AND WRAPS ARE SERVED WITH SALAD & NAKED COLESLAW

HOT SANDWICHES & WRAPS
ALL SANDWICHES AND WRAPS ARE SERVED WITH SALAD & NAKED COLESLAW

CROQUE MONSIEUR TOASTIE £4.50
WHITE SEEDED BLOOMER, HAM, CHEESE & RAREBIT SAUCE

VEG CROQUE MONSIEUR TOASTIE (V) £4.25
WHITE SEEDED BLOOMER TOMATOES, CHEESE & RAREBIT SAUCE

TOMATO & MOZZARELLA CIABATTA (V) £4.40
SLICED TOMATOES, BUFFALO MOZZARELLA, ROCKET & BASIL OIL

BUTTERNUT SQUASH & FALAFEL (V/VV*) £4.55
MANGO CHUTNEY, FETA, CORIANDER, QUINOA, KHOBEZ FLATBREAD

TANDOORI CHICKEN FLATBREAD £4.55
MANGO CHUTNEY, CORIANDER, CUCUMBER, SALAD, YOGURT, MINT, KHOBEZ FLATBREAD

PULLED PORK WITH NAILED SLAW £4.50
LIME, MINT DRESSING, ONIONS, PEPPERS, TORTILLA WRAP

BUFFALO CHICKEN SANDWICH £5.85
BUFFALO CHICKEN IN A BROOCH BUN WITH FRANKS SAUCE, BLUE CHEESE, JALAPENOS, NAKEDSLAW, WEDGES & SIDE SALAD

FALAFEL & SWEET POTATO BURGER (VV) £5.85
SERVED WITH MIXED LEAVES AND A MINTED SOYA YOGURT WITH POTATO WEDGES

SOUP OF THE DAY £2.85
A TASTY HOMEMADE SOUP SERVED WITH A BREAD ROLL.
TAKE A LOOK AT THE BLACKBOARD TO FIND OUT TODAY’S FLAVOUR.

SOUP & SANDWICH OFFER £4.95

V: VEGETARIAN  VV: VEGAN  VV*: CAN BE MADE VV ON REQUEST. PLEASE ASK A MEMBER OF STAFF FOR ALLERGY ADVICE

TURN MENU OVER FOR SALADS, PIZZA, GARLIC BREADS, DESSERTS & SIDE DISHES
ANY 7” PIZZA, WEDGES AND SELECTED DRINK £5.95
DRINKS INCLUDE COKE, DIET COKE, LEMONADE, TEA OR FILTER COFFEE, FRUIT JUICE.
ADD MOONSHINE, AMSTEL OR SYMONDS CIDER FOR £1 EXTRA

LUNCH MENU
SERVED 11AM - 3PM

ANY 7” PIZZA, WEDGES AND SELECTED DRINK £5.95
DRINKS INCLUDE COKE, DIET COKE, LEMONADE, TEA OR FILTER COFFEE, FRUIT JUICE.
ADD MOONSHINE, AMSTEL OR SYMONDS CIDER FOR £1 EXTRA

7” PIZZA

MARGHERITA (V) £4.25
SUN DRIED TOMATOES, SHREDDED MOZZARELLA & BUMFALO MOZZARELLA
GOATS CHEESE (V) £4.95
SWEET POTATO, TOASTED SEEDS, CRISPY ONION, MOZZARELLA
CHORIZO & ROASTED SQUASH £4.95
FRESH MOZZARELLA, SLICED CHILLIES
SPICY ITALIAN £4.95
PEPPERONI, SALAMI, FRANKS HOT SAUCE & MOZZARELLA
VEGAN PEPPERONI (VV) £4.85
WITH GREEN PEPPERS, VEGAN MOZZARELLA
JACK FRUIT (VV) £4.95
BBQ JACK FRUIT WITH ROASTED PEPPERS, RED ONIONS AND VEGAN MOZZARELLA

12” PIZZA

MARGARITA (V) £5.95
SUN DRIED TOMATOES, SHREDDED MOZZARELLA & BUMFALO MOZZARELLA
GOATS CHEESE (V) £6.50
SWEET POTATO, TOASTED SEEDS, CRISPY ONION, MOZZARELLA
TANDOORI CHICKEN £6.95
FRIED RED ONION, CORIANDER, MOZZARELLA
PROSCIUTTO HAM & MUSHROOM £6.90
ROCKET, PARMESAN, MOZZARELLA
CHORIZO & ROASTED SQUASH £6.90
FRESH MOZZARELLA, SLICED CHILLIES
SUN BLUSHED RED & YELLOW TOMS WITH PESTO (V) £6.75
FRESH MOZZARELLA, GARLIC, SAUCE, ROCKET
SPICY ITALIAN £6.75
PEPPERONI, SALAMI, FRANKS HOT SAUCE & MOZZARELLA
VEGAN PEPPERONI (VV) £6.50
WITH GREEN PEPPERS, VEGAN MOZZARELLA AND FRANKS HOT SAUCE
JACK FRUIT (VV) £6.70
BBQ JACK FRUIT WITH ROASTED PEPPERS, RED ONIONS AND VEGAN MOZZARELLA

SIDE DISHES

WEDGES (VV) £2.00
CHEESY, BACON ADD FOR 50P EACH
NAKED COLESLAW (VV) £1.50
SIDE SALADS (VV) £1.80
GARLIC BREAD (VV) £2.00
CHEESY GARLIC BREAD (VV*) £2.50
SWEET POTATO WEDGES (VV*) £3.95
WITH TOASTED SEEDS AND A SOUR CREAM DIP
HUMMUS TOPPED WITH BASIL OIL (VV) £1.80
ROAST VEGETABLE QUINOA (VV) £1.80

DESSERTS

STICKY TOFFEE PUDDING £2.95
SERVED WITH CUSTARD OR ICE CREAM
HOT CHOC PUDDING £2.95
SERVED WITH CUSTARD OR ICE CREAM
TRIPLE CHOC BROWNIE WITH BERRIES £3.95
VANILLA ICE CREAM, RASPBERRY COULIS AND MIXED BERRIES
ROCKY ROAD SUNDAE £4.50
ROCKY ROAD BROWNIE, VANILLA & STRAWBERRY ICE CREAM, CHOC SAUCE, MARSHMALLOWS, CREAM
VEGAN SUNDAE £4.50
GINGER SPONGE, VEGAN ICE CREAM, RASPBERRIES, VEGAN CREAM, RASPBERRY COULIS
SNICKER LICIOUS SUNDAE £4.50
SNICKER BROWNIE, CHOCOLATE ICE CREAM, BUTTERCUP SAUCE AND CREAM

SALADS

CHICKEN CAESAR SALAD £5.25
CHICKEN BREAST, CUCUMBER, SPRING ONIONS, MIXED SALAD, PARMESAN, CAESAR DRESSING AND CROUTONS
CHICKPEA AVOCADO & FETA SALAD (VV*, V) £4.95
CHICKPEAS, AVOCADO, FETA, CORIANDER, ONION, LIME, ROCKET & GARLIC, CUCUMBER, CHERRY TOMATO, ADD TOFU TO MAKE IT VEGAN

V: VEGETARIAN  VV: VEGAN  VV*: CAN BE MADE VV ON REQUEST. PLEASE ASK A MEMBER OF STAFF FOR ALLERGY ADVICE
TURN MENU OVER FOR MAIN MEALS, HOT & COLD SANDWICHES & SOUP