



LUNCH MENU

Lunch Served 12pm - 2pm
Tuesday - Friday

Daily Special £12.95

Soup of the Day £6.20

Please see boards on counter

MAIN FOOD

Sweet Balsamic Onions with cheddar on toast - £10.95

Caramelised balsamic onions with melted cheese and herbs. Garnished with rocket leaves and black pepper and served with salad

Cranberry and Brie - £10.95

Brie wedge coated with cranberry sauce and oven baked. Served with dressed salad and freshly baked focaccia bread

Pesto Pasta (gf) - £10.95

Fusilli pasta finished with pesto, lemon, toasted almonds, sunflower seeds and peppery rocket leaves

Quinoa Buddha Bowl (vg) - £10.95

Quinoa mixed with borlotti beans, chickpeas, beetroot, red pepper, carrot, coriander and mint. Sprinkled with sunflower and pumpkin seeds and drizzled with dressing

JACKET POTATO

Oven baked and served with a choice of filling and a side salad

Mature Cheddar Cheese

Cottage Cheese

Baked Beans (vg)

Vegan Cheddar Cheese

Red Pepper Hummus (vg)

One Filling - £9.50

Extra Filling - £1.80

SALADS

Served with freshly made bread and butter

Greek Salad - £10.95

with feta cheese and black olives

Tofu Salad - £10.95

*Basil and smoked tofu sauteed with red onion and red pepper served with avocado and hummus *smoked tofu contains almonds and wheat**

Garden Salad - £7.95

SANDWICHES

Prepared on freshly made wholemeal bread and served with a salad garnish, coleslaw and crisps

Cream cheese & cucumber - £6.95

Cheddar cheese & red onion chutney - £7.95

Egg mayo & watercress - £6.95

Hummus & Avocado (vg) - £6.95

Goats ceese, rocket and beetroot - £7.95

Vegan cheddar cheese - £6.95

ADD A CUP OF SOUP - £3.20

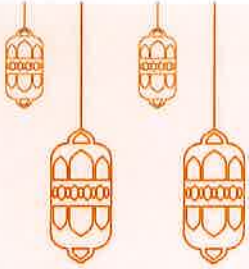
WRAPS - £9.95

Served with a salad garnish and crisps

Roasted red pepper & feta

BBQ Tofu (vg)

Spinach & Mushroom (vg)



DRINKS MENU

COFFEE

*Decaf Coffee is available
Oat or Almond milk are available*

-
- Espresso - £2.50
 - Americano - £3.10
 - Cappuccino - £3.60
 - Latte - £3.60
 - Flat White - £3.60
 - Mocha - £3.60
 - Coffee Substitute - £3.20
 - Flavoured Syrups - 50p*

TEA

All £3.00

-
- English Breakfast
 - Earl Grey
 - Three Ginger
 - Chamomile
 - Peppermint
 - Green Tea
 - Decaf Tea
 - Hot Chocolate - £3.60

ORGANIC SOFT DRINKS

All £3.10

-
- Elderflower
 - Ginger Beer
 - Lemonade
 - Apple & Ginger
 - Pear
 - Carrot & Apple
 - Orange
 - Apple
 - Still / Sparkling
 - Water - £3.00



All our cakes are freshly baked on the premises



BREAKFAST MENU

*Breakfast served 9:30am - 11am
Our bread is freshly made daily*

-
- Granola with Greek Yoghurt, berries and honey - £5.20
 - Beans on Toast - £5.50
 - Toast & Butter - £3.10
 - Toast, Butter and Jam - £3.40
 - Scrambled or Poached eggs on toast - £5.50
 - Spinach, tomatoes & mushrooms on toast (vg) - £6.95
 - Smashed avocado on toast with tomatoes, coriander and a hint of chilli - £7.95
 - Add a poached egg - £1.20

DIETARY REQUIREMENT AND ALLERGY ADVICE

*Our daily freshly baked bread is vegan. Gluten free bread is available- contains egg.
Our mayonnaise and salad dressing are vegan and low gluten. Our dressing contains mustard seed.
Unfortunately we cannot guarantee that any food item prepared in our kitchen is totally free from any of the allergens. Our chefs do not work in an allergy free environment, and there is always a risk of contamination.
Please inform our staff of any allergies or food intolerances before you order.*