



Lunch Menu

Light dishes

Soup of the day (vv, gluten free)

With bread roll (or gf bread) £6

Tomato & mozzarella bruschetta £8.50

Cherry tomatoes, bocconcini, pesto & rocket on garlic ciabatta

Smoked salmon & avocado £13

Sliced smoked salmon, avocado, rye bread, rocket & lemon

Prawn cocktail £9.50

Baby gem lettuce, cucumber, tomato, baby prawns with cayenne & Worcestershire flavoured cocktail sauce

Salads £8

Piri chicken & salads £15

Garlic halloumi with chilli corn ribs & salads £15

Salmon, star anise, lemon, dill & salads £18

Sides

Salted fries £4.50 Piri Piri fries £4.50

Mashed potato £4.50 Sweet potato fries £5

Garlic ciabatta £4.50 (add cheese £1)

Sandwiches & Wraps

Your choice of bread: Gluten free wrap/bread, ciabatta, brioche roll, bagel, white/granary bread

The chicken katsu £9

Panko fried chicken, Tonkatsu sauce & shredded white cabbage

The fish finger sandwich £9

Homemade fish finger goujons, tartare sauce, gem lettuce & tomato

The pastrami & Frenchies mustard £9

Sliced pastrami, gherkin, tomato, & cabbage

The falafel £9

Fried falafel, gherkin, red onion, tomato, gem lettuce & garlic mayo



The prawn £9

Baby gem lettuce, cucumber, tomato, baby prawns with cayenne & Worcestershire flavoured cocktail sauce

The salmon & cream cheese £10.50

Sliced smoked salmon, lemon pepper cream cheese & rocket

The Caprese flatbread £9

Tomato, bocconcini, balsamic glaze & rocket

Mains

Spaghetti bolognese £12.50

Beef & tomato ragù with free from spaghetti

Mushroom & courgette bolognese £12.50

Mushroom, courgette & tomato ragù with free from spaghetti

Thai chicken curry £14

Chicken with fragrant Thai curry sauce & jasmine rice

Thai butternut squash & mangetout £12.50

Vegetables with fragrant Thai curry sauce & jasmine rice

Burgers

Spiced Moroccan bean burger £14.50

Vegetable & pea protein burger £15.50

Beef burger £14.50

Piri Piri chicken burger £14.50

With brioche bap, gem lettuce, tomato, gherkin, red onion & burger sauce

Add streaky bacon, avocado or smoked cheese £1.50 each

Add garlic haloumi £5

Change to sweet potato fries: additional £0.50p

Smoothies

Berry Oaty £4.50

Toasted oats, mixed berries, oat milk and agave nectar

Spin cycle £4.50

Mango, strawberries, banana & yogurt

Lean & green £4.50

Spirulina, spinach, apple & banana

Add protein powder £1

Fruit bowl

Banana, apple or satsuma £1 each