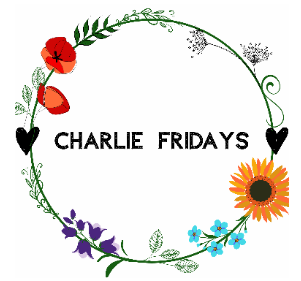


LUNCH MENU

12 ~ 5. 30



CHEESE NACHOS / BEEF NACHOS.... 7.55 / 8.95

TORTILLAS / MELTED CHEDDAR / SALSA / SOUR CREAM / JALAPEÑOS

CASHEW CREAM QUICHE..... 8.95

BAKED CASHEW CREAM FILLING WITH VEG OF THE DAY / SIDE SALAD / SPICED TOMATO CHUTNEY

FALAFEL & HUMMUS BOARD FOR 1... 8.95 FOR 2... 15.95

FALAFAL BITES / BEETROOT HUMMUS / BAKED BREAD / FRESH VEG / GARLIC PESTO HUMMUS / AVOCADO / SAUCES & OILS

ADD CHORIZO... 3

ADD MACKEREL... 3.50

CHILLI SMOKED MACKEREL, AVOCADO & BEETROOT HUMUS SEEDED BAP.. 8.50

SMOKED MACKEREL / BEERROOT HUMMUS / SMASHED AVOCADO / ROAST TOMATOES / SEEDED ROLL / HORSERADISH

BAKED CAMEMBERT & ROAST BROCOLI BOARD FOR 1... 8.95 FOR 2... 15.95

BAKED CAMEMBERT / ROAST BROCOLI (20 MINS) / ROAST CASHEWS / SPICED TOMATO CHUTNEY / BAKED BREAD & SIDE SALAD

ADD CHORIZO... 3

ADD MACKEREL... 3.50

SANDWICHES / TOASTIES

ALL SERVED ON WHITE OR GRANARY BLOOMER WITH SIDE SALAD

SAUSAGE, BRIE & SPICED TOMATO CHUTNEY.... 7.25

SWEET CHILLI, CHEDDAR & CHORIZO... 7.25

BACON, HOMEMADE COLESLAW & TOMATO.... 7.25

STILTON, MUSHROOM & SPINACH... 7.25

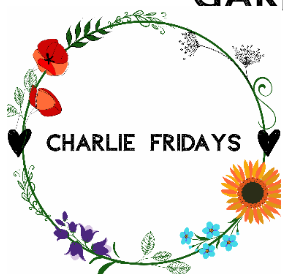
TUNA / CHEESE / PESTO / BRIE / TOMATO ALSO AVAILABLE.. 1 OR 2 FILLINGS... 6.50

SIDES

HOMEMADE COLESLAW... 1.50

ROAST CASHEWS... 2.50

GARLIC MAYO, PESTO HUMMUS, OIL & BREAD... 4.50



SOME DISHES CAN BE MADE GLUTEN FREE PLEASE ASK!