

LUNCH

Gluten free any sandwich can be made Gluten free.

Allergens please speak to a member of staff for any queries.

TOASTED WRAPS

All our wraps contain mayo, mixed leaves, tomatoes and cucumber, and are served with crisps and homemade coleslaw.

Falafel and mango chutney.	£7.95
Homemade houmous, falafel, roast peppers and chilli jam.	£9.45
Halloumi, roast peppers and chilli jam.	£9.45
Ham, halloumi and mango chutney.	£9.95

SOURDOUGH OPEN SANDWICHES

Our sourdough open sandwiches contain mayo and are served with crisps, homemade coleslaw and side salad.

Homemade houmous, roast peppers, falafel and chilli jam.	£9.25
Goats cheese, sticky fig relish and roast peppers.	£9.95
Halloumi, avocado and chilli jam.	£10.45
Parma ham, mozzarella and homemade pesto.	£10.45
Smoked salmon and avocado.	£10.45

SANDWICHES

All sandwiches contain mayo, mixed leaves, tomatoes and cucumber, on a soft granary bloomer and are served with crisps and homemade coleslaw.

Roast chicken and mango chutney.	£7.95
Tuna mayonnaise, egg and olives.	£8.55
Beef, horseradish and gherkins.	£8.55
Bacon, lettuce and tomato	£8.95
Ham, cheddar, apple and pickle	£9.45

SALAD BOWLS

All our salads contain mixed leaves, tomato, cucumber and peppers.

Beetroot, goats cheese, apple and toasted hazelnuts.	£8.45
Homemade houmous, olives and sun blushed tomatoes.	£8.45
Tuna mayonnaise, egg and olives.	£8.95
Homemade chilli jam houmous, falafel and sun blushed tomatoes.	£9.25
Halloumi, sun blushed tomatoes and chilli jam.	£9.45
Falafel, feta, olives and toasted flaked almonds, with mint and coriander.	£9.45
Chicken caesar salad with sour dough crouton and parmesan shavings. <i>Add bacon + £3.00</i>	£9.45
Chicken, avocado and mango chutney.	£9.55
Chicken, chorizo and sun blushed tomatoes.	£9.55
Goats cheese, avocado, sun blushed tomatoes and toasted seeds topped with rocket.	£9.95
Feta, olives, sun blushed tomatoes, toasted seeds and homemade pesto.	£9.95
Chicken, roast peppers, feta and lime with mint, coriander and Greek yoghurt.	£9.95
Bacon, blue cheese, pear and walnut.	£9.95

BAGUETTES

All baguettes contain mayo, mixed leaves, tomatoes and cucumbers and are served with crisps and homemade coleslaw.

Brie, grapes and cranberry sauce on a brown baguette.	£7.55
Blue cheese, pear and walnut on a brown baguette.	£8.55
Cheddar, apple and pickle on a brown baguette.	£8.55
Homemade coronation chicken with mango chutney on a brown baguette.	£8.55
Chorizo, manchego and sun blushed tomatoes on a white baguette.	£10.25

TOASTED PANINIS

Served with crisps and side salad.

Add a pot of coleslaw for 80p

Cheddar, mango chutney and red onion.	£7.45
Tuna mayonnaise, cheddar and jalapeños.	£7.85
Mozzarella, homemade pesto and sun blushed tomatoes.	£8.25
Ham and cheddar with tomato and onion chutney.	£8.25
Chicken, mozzarella and homemade pesto.	£8.45
Chicken, cheddar, salsa, jalapeños and roast peppers.	£8.55
Avocado, roast peppers and sun blushed tomatoes with chilli jam.	£9.25
Chicken, bacon, cheddar and chilli jam.	£9.55
Bacon, creamy brie and cranberry sauce.	£9.55
Beef, blue cheese and caramelised onion chutney.	£9.95
Beef, cheddar, jalapeños, salsa and roast peppers.	£9.95
Chorizo, manchego and sun blushed tomatoes.	£10.25

TOASTIES

Served with crisps, homemade coleslaw and side salad.

Avocado, feta, fresh tomato and oregano on granary bloomer.	£8.95
Pastrami, emmental, gherkin and sauerkraut with wholegrain mustard on sourdough bread.	£9.25
Garlic mushroom, blue cheese and caramelised onion on sourdough bread.	£9.25
Ham, cheddar and garlic mushrooms on sourdough bread	£9.95
Chorizo, manchego, roast peppers, chilli jam and rocket on granary bloomer.	£10.45

TOASTED CIABATTAS

All ciabattas contain mayo, mixed leaves, tomatoes and cucumbers, and are served with crisps and homemade coleslaw.

Brie and caramelised onion.	£7.95
Halloumi, chorizo and chilli jam.	£9.95
Ham, mozzarella and sun blushed tomatoes.	£8.95
Salami, ham and halloumi.	£9.95
Chicken, bacon, caesar dressing and parmesan.	£10.45

TOASTED BAGELS

Served with crisps, homemade coleslaw and side salad.

Smoked salmon, cream cheese and rocket.	£9.55
Bacon and cream cheese.	£9.55
Parma ham, cream cheese and sticky fig relish.	£9.55
Cream cheese, emmental, avocado, sun blushed tomato and rocket.	£9.85

SOUPS

Check the chalkboards for todays soup choices.

Bowl of soup.	£4.50
Bowl of soup with white or brown crusty baguette or homemade cheese scone.	£6.45

Half Sandwich / Half Soup **£8.25**

Baguette contains mayo, lettuce, cucumber and tomato and is served with crisps. Ask for gluten free.

Choose a soup and fill your baguette with one of the following:

Cheddar and pickle.	Tuna mayo.
Houmous and roast peppers.	Beef, horseradish and gherkin.
Mozzarella and homemade pesto.	Chicken with tomato and onion chutney.

SIDES

Crusty bread with oil and balsamic vinegar.	£2.50
Bowl of mixed Italian olives.	£1.50
Pot of homemade chilli jam houmous.	£1.50
Homemade chilli jam houmous and toasted pitta.	£4.00
Add Avocado.	£3.50
Add Halloumi.	£3.00
Add Chilli Jam.	£1.50

CHILDREN'S MENU

For little people only and served with grapes and crisps.

Cheese toastie.	£3.25
Ham and cheese toastie.	£3.95
Tuna and cheese toastie.	£3.95
Half hot bacon baguette.	£3.95
Half hot sausage baguette.	£3.95
Bowl of today's soup with half a white or brown crusty baguette.	£3.45

CAKES.

Made fresh, instore every day to eat in or take away.

Our brownies, blondies, tiffins and sponges are on display at the counter.