

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.	£9.95
Homemade houmous, falafel, roast peppers and chilli jam.	£10.95
Halloumi, roast peppers and chilli jam.	£10.95
Ham, halloumi and mango chutney.	£11.45

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.	£12.25
Whipped feta, caramelised onion and sun blushed tomatoes.	£12.25
Halloumi, avocado and chilli jam.	£13.15
Smoked salmon and avocado.	£13.75
Parma ham, mozzarella and homemade pesto.	£14.45

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.	£10.45
Beef, horseradish and gherkins.	£10.75
Bacon, lettuce and tomato	£10.75
Tuna mayonnaise, egg and olives.	£10.95
Ham, cheddar, apple and pickle	£11.25

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.	£10.75
Blue cheese, pear and walnut on a brown baguette.	£10.75
Cheddar, apple and pickle on a brown baguette.	£10.75
Homemade coronation chicken with mango chutney on a brown baguette.	£10.95
Chorizo, manchego and sun blushed tomatoes on a white baguette.	£11.55

SALAD BOWLS

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

Beetroot, goats cheese, pear and toasted hazelnuts.	£9.95
Tuna mayonnaise, egg and olives.	£10.95
Homemade chilli jam houmous, falafel and sun blushed tomatoes.	£10.55
Halloumi, sun blushed tomatoes and chilli jam.	£10.95
Chicken, avocado and mango chutney.	£11.25
Falafel, feta, olives and toasted flaked almonds, with mint and coriander.	£11.45
Chicken caesar salad with sour dough crouton and parmesan shavings. <i>Add bacon + £3.00</i>	£10.95
Bacon, blue cheese, pear and walnut.	£11.95
Chicken, chorizo and sun blushed tomatoes.	£10.95
Goats cheese, avocado, sun blushed tomatoes and toasted seeds topped with rocket.	£11.25
Feta, olives, sun blushed tomatoes, sourdough croutons and homemade pesto.	£11.25
Chicken, roast peppers, feta and lime with mint, coriander and Greek yoghurt.	£12.25

TOASTED PANINIS

Served with crisps and side salad.

Add a pot of coleslaw for £1

Cheddar, mango chutney and red onion.	£8.95
Tuna mayonnaise, cheddar and jalapeños.	£9.25
Ham and cheddar with tomato and onion chutney.	£9.55
Mozzarella, homemade pesto and sun blushed tomatoes.	£9.75
Chicken, mozzarella and homemade pesto.	£10.75
Avocado, roast peppers and sun blushed tomatoes with chilli jam.	£10.55
Chicken, cheddar, salsa, jalapeños and roast peppers.	£10.95
Chicken, bacon, cheddar and chilli jam.	£11.75
Bacon, creamy brie and cranberry sauce.	£11.55
Beef, blue cheese and caramelised onion chutney.	£11.25
Beef, cheddar, jalapeños, salsa and roast peppers.	£11.55
Chorizo, manchego and sun blushed tomatoes.	£11.75

TOASTIES

Served with crisps, homemade coleslaw and side salad.

Goats cheese, sticky fig relish and roast peppers on sourdough bread.	£11.95
Avocado, feta, fresh tomato and oregano on granary bloomer.	£10.75
Pastrami, emmental, gherkin and sauerkraut with wholegrain mustard on sourdough bread.	£11.55
Garlic mushroom, blue cheese and caramelised onion on sourdough bread.	£10.95
Ham, cheddar and garlic mushrooms on sourdough bread	£11.55
Chorizo, manchego, roast peppers, chilli jam and rocket on granary bloomer.	£12.25

TOASTED CIABATTAS

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

Brie and caramelised onion.	£9.55
Ham, mozzarella and sun blushed tomatoes.	£9.95
Halloumi, chorizo and chilli jam.	£11.55
Salami, ham and halloumi.	£11.75
Chicken, bacon, caesar dressing and parmesan.	£12.55

TOASTED BAGELS

Served with crisps, homemade coleslaw and side salad.

Smoked salmon, cream cheese and rocket.	£10.95
Bacon and cream cheese.	£10.95
Parma ham, cream cheese and sticky fig relish.	£11.95

SOUPS

Check the chalkboards for todays soup choices.

Bowl of soup.	£5.00
Bowl of soup with white or brown crusty baguette or homemade cheese scone.	£6.95

Half Sandwich / Half Soup £8.55

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.

Full Soup & Toastie £12.55

A full bowl of soup and toastie on granary bread served with a side of crisps.

Choose a soup and choose from the following fillings:

Ham & Cheddar.	Tuna and Cheddar.
Mozzarella & Homemade Pesto.	Cheddar, Salsa, Roasted Peppers & Jalapeños.

SIDES

Crusty bread with oil and balsamic vinegar.	£2.50
Bowl of mixed Italian olives.	£1.95
Pot of homemade chilli jam houmous.	£1.95
Homemade chilli jam houmous and toasted pitta.	£4.00
Add Avocado.	£3.50
Add Halloumi.	£3.00
Add Chilli Jam.	£1.50

SNACKS

	Reg	Large
Bowl of mixed Italian olives	£1.95	£2.50
House roasted selection of spicy nuts	£2.00	
Salted crisps	£2.00	
Homemade chilli jam houmous and toasted pitta	£4.00	

CAKES.

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

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