

STARTERS

Soup of the day with organic bread	£ 3.50	
Pint of prawns with garlic Mayonnaise	£ 6.25	
Nachos: refried beans, salsa, melted cheese and sour cream	£ 5.95	V
Mixed meze - hummus, gaba ghanoush, feta with olives, cherry tomatoes and pitta bread	£ 5.95	V
Asparagus with a poached egg and Parmesan shavings	£ 6.25	V
Pate with toasted organic bread and chutney	£ 4.95	
Little sausages with sweet chilli dip	£ 5.50	
Split pea and lemongrass falafel with yogurt, mint and pitta bread	£ 4.95	V
Chorizo sauteed in red wine with organic bread	£ 4.95	

SANDWICHES

Mushroom burger:

Portabello mushroom with cheddar cheese and spinach	£ 5.50	V
Handmade burger 100% beef	£ 5.50	
<i>customise your burger with bacon, blue cheese, cheddar, beef tomato or spinach, each extra item</i>	.60 p	
Tuna Mayonnaise sandwich	£ 4.95	
Cheddar and chutney sandwich		
Chicken, bacon and avocado club sandwich	£ 4.95	
Brie and roast red pepper sandwich	£ 4.95	V
Bacon, lettuce and tomato sandwich	£ 4.95	

LUNCH TIME SPECIAL £5.90**SOUP AND HALF A SANDWICH**

Homemade soup of the day with a choice of any sandwich or falafel

MAIN COURSES

Boiled ham, broad beans, new potatoes and parsley sauce	£ 8.75	
Wild mushroom and ricotta ravioli with sage cream sauce	£ 6.75	V
Our fishcakes with rocket and chilli sauce	£ 8.25	
Steak and Guinness pie with mash or chips	£ 8.50	
Vegetable curry, coconut milk and basmati rice	£ 7.25	V
Merguez sausages with cous cous and tomato, red onion, coriander and cucumber salsa	£ 8.25	
Organic salmon with basil roasted cherry tomatoes, asparagus and new potatoes	£ 9.50	
Maple barbecue chicken with red cabbage coleslaw	£ 8.75	
Rib eye steak with chips & salad	£12.50	

SIDES

Mash	£ 2.95	Green salad	£ 2.95
Chips with dips	£ 2.50	XXL chips with cheese	£ 4.25
Green beans	£ 2.50	Rocket, Parmesan and pine nut salad	£ 3.20

PUDDINGS

Strawberries and cream	£ 4.50
Banoffee pie	£ 4.50
Chocolate cheesecake	£ 4.50
Ice cream ask for what we've got	£ 4.00

V Vegetarian**Children** we are happy to divide dishes between them. Just ask for extra plates.**Food** is made daily using fresh seasonal ingredients free of gmo artificial colours or flavouring. Dishes may contain nuts. Please be aware of bones in fish and tell us if you have any food allergies.