

SERVED FROM 8.30AM UNTIL 10.30AM

BREAKFAST

PORRIDGE BOWLS:

Banana and chocolate (V)	£4.00
Apple and cinnamon (V)	£4.00
Berry and almond (V)	£4.00

TOAST:

With jam (VE*, V, GF*)	£2.00
Egg on toast (V)	£4.00
Beans on toast (VE*, V)	£3.00

HOT:

Full Welsh	£9.00
Vegetarian (VE*, V)	£9.00
Spiced tomato and bean shakshuka (V)	£6.00

SERVED FROM 11.30AM UNTIL 5.00PM

LUNCH

SANDWICHES/PANINIS

ALT (VE, V, GF*) Avocado, lettuce and tomato	£8.00
CBLT (GF*) Chicken, bacon, lettuce and tomato	£8.00
Halloumi, red pepper and chilli jam (VE, V, GF*)	£8.00
Ham and cheese (GF*)	£8.00

SALADS

Flaked salmon (GF*) With new potatoes and lemon mayo	£14.00
Avocado and beetroot (VE, V, GF*)	£11.00
Caprese salad (V, GF*)	£11.00
Chicken and chorizo (GF*)	£10.00

JACKET POTATO

Salmon and dill mayo (V, GF*)	£9.00
Vegetable and bean chilli (VE, V, GF*)	£7.00
Cheese and/or beans (V, GF*, VE*)	£6.00
Turkey meatballs in tomato sauce	£8.00

UPGRADE TO BAKED SWEET POTATO (+£1)

SERVED FROM 11.30AM UNTIL 5.00PM

HOT LUNCH

BOWLS

Mexican chicken (GF*) With mango and avocado salsa, brown rice and quinoa	£12.00
Teriyaki salmon With rice noodle miso broth	£14.00
Teriyaki aubergine (VE, V) With rice noodle miso broth	£11.00
Sweet potato and root veg hash topped with a fried egg (V, GF) (Add sausage +£2.50)	£11.00

FLATBREADS

Greek chicken mezze With sweet potato hummus and tahini yoghurt	£12.00
Halloumi and red pepper (VE*, V) With spicy beans topped with sour cream	£10.00
Turkey meatballs With marinara sauce and cheese	£10.00

SIDES

Root Vegetable Fries (VE, V, GF)	£4.00
Greek Salad (VE*, V, GF)	£4.00
Zesty Couscous (VE, V)	£3.00

VE - Vegan V - Vegetarian GF = Gluten Free *Amendments possible