



Soup 4.50

Big bowl home-made soup dressed with herbs and seeds and served with chunky home made soda bread Please check for soup of the day

Ciabatta 6.95

Smashed Avocado, sweet red pepper and tomato with chilli and lime dressing and a side salad
Mushroom Pate with rocket and walnut in Balsamic dressing and side salad

Wraps 7.25 (served toasted)

Home made humus, falafel, toasted seeds with leek and carrot slaw and side salad
Spicy beetroot and carrot pate in a beetroot coulis with rocket leaves and side salad

Jacket Potatoes 5.50

With fillings 6.50

Served with large side salad

Filled with vegetable curry

Vegetable and bean chilli

Mixed Roasted vegetables

Cheese (+spring onion +tomato) not vegan

Cheese celery and spring onion not vegan

Mains

Noodles with spring onion and peanut chilli sauce 5.50

Soft home-made tacos with spicy bean and veg filling and full salad 7.25

Salads 7.50

Greek salad with selection of olives, lettuce, cucumber, celery, red onion and creamed cashew.

Mediterranean salad with tomatoes, cucumber leaves coriander, avocado, red onion, spiced roasted sweet potatoes, roasted red peppers herbs in a herby dressing.

Health burst salad with green shoots, seeds and quinoa, beetroot, tomato

Happy eating

