

****Please place and pay for all orders at the counter and we will deliver to your table****

Salads & Sides

Atlantic Tuna & Egg Salad £5.09

Flaked tuna, boiled egg, crispy mixed leaves, tomato, cucumber, red onion, grated raw carrot & black olives
Cal 167, Pro 19.2g, Carbs 8.9g (Sug 3.7g), Fat 5.7g (Sat 1.2g)



Chicken Caesar Salad £5.49

Succulent sliced chicken breast served on a bed of cos lettuce, drenched in light caesar dressing and served with flaked parmesan cheese and croutons
Cal 223, Pro 29.1g, Carbs 13.2g (Sug 2.6g), Fat 4.9g (Sat 2.2g)

Ploughmans (V) £5.99

A wedge of low fat mature Somerset Cheddar on a crisp bed of garden salad served with Branston pickle, pickled onion, red grapes and a hearty chunk of wholemeal baguette.
Cal 419, Pro 20.7g, Carbs 49.1g (Sug 16.2g), Fat 15.9g (Sat 1.8g)

Halloumi and Mango (V) £5.99

Delicious grilled light halloumi cheese and sweet mango chunks on a bed of crispy mixed leaves served with walnuts, red onion and tomato
Cal 325, Pro 21.7g, Carbs 15.2g (Sug 11.6g), Fat 18.8g (Sat 8g)

Toasted Pitta and Houmous Dipper (V) £1.89

Two wholemeal pittas sliced into dipping soldiers with a ramekin of light houmous, the perfect carb addition to salads
Cal 420, Pro 16.4g, Carbs 59g (Sug 4.6g), Fat 10.5g (Sat 1.2g)

Toasties

All our toasties are made with thick sliced wholemeal bread and using low fat, full flavoured Somerset extra mature cheddar cheese.
Gluten Free Bread available for 30p extra



Cheese & Red Onion / & Tomato (V) £3.29

Circa. Cal 323, Pro 21.3g, Carbs 36.4g (Sug 4.4g), Fat 9g (Sat 1g)

Cheese & Tuna Melt £3.49

Cal 343, Pro 26.8g, Carbs 35.2g (Sug 3.6g), Fat 9.1g (Sat 1g)

The Londoner (V - Quorn Ham also available) £3.79

Melted cheddar with crumbed ham, tomato and mustard mayo
Cal 345, Pro 23.2g, Carbs 37.1g (Sug 5g), Fat 10.4g (Sat 1.4g)

The New Yorker £3.99

Melted cheddar with pastrami, gherkins and mustard mayo
Cal 343, Pro 21.9g, Carbs 38.2g (Sug 6.2g), Fat 10.2g (Sat 1.3g)

Soup of the day £4.45

Freshly prepared piping hot soup served with a big chunk of wholemeal baguette Check the board on the counter for the soup of the day. Nutrition information is based on our Portobello wild mushroom soup, baguette and butter
Cal 302, Pro 7.5g, Carbs 31.2g (Sug 2.4g), Fat 17g (Sat 1.5g)

Soup and Toastie Deal £5.99

Our Soup of the Day and either a cheese and onion or cheese and tomato toastie (instead of baguette)

Homemade Cakes

All our cakes are homemade here on the premises using wholesome ingredients with low saturated fats. This means you get all the delicious taste without all the bad stuff. Great tasting cakes made better for you. That's why we call them Guilt Free.



Carrot Cake (V) (N) £2.39

Cal 458, Pro 6g, Carbs 46g (Sug 31g), Fat 28g (Sat 6g)

Lemon Drizzle Cake (V) £2.29

Cal 383, Pro 5g, Carbs 50g (Sug 33g), Fat 16g (Sat 4g)

Peanut Butter & Choc Brownie (V) (N) £2.39

Cal 491, Pro 14g, Carbs 46g (Sug 25g), Fat 27g (Sat 5g)

Apple & Cinnamon Cake (V) £2.29

Cal 458, Pro 6g, Carbs 45g (Sug 25g), Fat 28g (Sat 3g)

Giant Sultana Scone & Jam (V) £2.09

Cal 446, Pro 8g, Carbs 76g (Sug 29g), Fat 10.6g (Sat 2g)

Desserts

Frozen Yogurt (V) £2.39 Toppings 60p extra each

Cal 60, Pro 2.7g, Carbs 12.2g (Sug 12.2g), Fat 0g (Sat 0g)

Toppings : Raspberry Coulis, Mango Coulis, Choc Flake, Choc Honeycomb, Smarties, Milky Bar, Fresh Strawberries and Honey

Mini Pancakes (V) £2.99

3 Mini Pancakes with banana & maple syrup or strawberry & honey

Cal 296, Pro 4.7g, Carbs 55g (Sug 30.7g), Fat 5.1g (Sat 0.6g)

Waffles & Ice Cream (V) £3.29

2 Hot Waffles, with low fat ice cream and topped with seasonal fruit and maple syrup.

Cal 319, Pro 4g, Carbs 43g, (Sug 32g) Fat 14g (Sat 5.7g)

Pecan Brownie & Ice Cream £2.99

Gluten Free Pecan Brownie served warm, with low fat ice cream
Cal 380, Pro 4.8g, Carbs 42g, (Sug 30.5g), Fat 20.2g (Sat 9.7g)