

LUNCH & LATER

SOUP OF THE DAY (V) - £4.00

Freshly made & delicious. (Granary roll +£1.40)
(Eat IN £5.50 - includes the roll)

CLUB SANDWICH

Triple decker toasted sandwich on granary with mature cheddar, tomato, mixed leaves, guac, mild mustard & mayo. Vegan version with VG cheese.

- CHICKEN & HAM - £7.50

- QUORN HAM (V) - £8.50

TOASTIES

On granary with award winning mature cheddar cheese

VINE RIPENED TOMATOES (V)

- £4.00 (£5.00 IN)

TUNA MELT - £4.50 (£5.50 IN)

Tuna flakes, mayo & smoked paprika

NEW YORKER - £4.80 (£5.80 IN)

Pastrami, gherkin & mild mustard

CHIPOTLE CHICKEN, BACON & TOMATO

- £5.00 (£6.00 IN)

JACKET POTATOES

Baked in the oven until they're nice & crispy.

Eat in price includes a side salad & dressing

MATURE CHEDDAR & BEANS (V) (Gf)

£4.50 (£7.30 IN)

TUNA MAYO (Gf) - £5.30 (£8.00 IN)

BEEF CHILLI, CHEDDAR & S/CREAM

-£5.70 (£8.50 IN)

3 BEAN CHILLI (Vg) - £5.00 (£7.80 IN)

SURFER BURGERS

Gourmet burgers made with lean protein & served on a granary bun with beef tomato & salad.

Eat in price includes a regular side

6oz STEAK & CHEESE

With burger sauce & cheddar cheese

WHOLE CHICKEN BREAST & BACON

With homemade sticky BBQ sauce & cheddar cheese

Single -£7.40 (£10.20 IN) Double -£10.40 (£13.20 IN)

Please ask for help with the following: -

- . Allergen information
- . Nutrition & macros
- . Gluten free & dairy free options



HEALTHY SALADS

All served on a bed of mixed leaves, baby plum tomatoes & much more

NUTTY SUPERFOOD (V) -

Cous cous, quinoa, edamame beans, feta, pomegranate seeds, blueberries, olives, walnuts & pumpkin seeds

CHICKEN CAESAR SALAD

Chicken breast, flaked parmesan, croutons & Caesar dressing

CAJUN CHICKEN & TUNA

Over 50g of protein. Cajun spiced chicken breast, tuna, boiled egg, edamame beans & cucumber

£5.50 (£8.50 IN)

Choose your dressing: - French, Honey & mustard or Olive oil & balsamic vinegar



REGULAR SIDES £3.00 (£3.20 IN)

GARDEN SALAD (Vg)(Gf)

Mixed leaves, baby plum tomatoes, cucumber & carrot

STEAMED BROCCOLI (Gf)

With flaked parmesan & chilli flakes

GOLDEN VEG LONG GRAIN RICE (Vg)(Gf)

Seasoned rice with garden peas & sweetcorn

PREMIUM SIDES £3.80 (£4.00 IN)

SWEET POTATO & CHIVES MASH (V)(Gf)

Smashed with butter & crème fresh

CAJUN SPICED JULIENNE FRIES (Vg)(Gf)

Oven baked + chipotle dip

PROTEIN SALAD (V)(Gf)

Mixed leaves, baby plum toms, egg, cucumber & edamame beans

HOT CHICKEN SPECIALS

Grilled chicken breast (4oz avg. weight each).

Regular side included. +80p for premium

LEMON CHICKEN (Gf)

Marinated in lemon and seasoned with black cracked pepper

- £6.50 1 breast - £9.00 2 breasts
(£7.00 IN) (£9.50 IN)

CAJUN CHICKEN (Gf)

Lightly coated with a blackened cajun seasoning,, served with a guacamole dip

- £7.30 1 breast - £10.00 2 breasts
(£7.80 IN) (£10.5 IN)

MEXICAN CHICKEN

With our homemade lean beef chilli, grated mature cheddar & sour cream

- £9.10 1 breast - £12.00 2 breasts
(£9.60 IN) (£12.50 IN)

SANDWICHES & ROLLS ON GRANARY

£3.50 (£4.20 IN)

TUNA CRUNCH, MAYO, ONION & LEAVES

EGG MAYO & CHIVES (V)

CHEDDAR CHEESE & PICKLE SALAD (V)

VEGAN CHEESE SALAD & PICKLE (Vg)

£3.80 (£4.60 IN)

CHICKEN, MAYO & AVOCADO

HAM, EGG & MUSTARD SALAD

PASTRAMI, CHEESE & MUSTARD SALAD