

LUNCH & LATER

SOUP OF THE DAY (V) - £4.50

Freshly made & delicious. (Granary roll +£1.50)
(Eat IN £6.00 - includes the roll)

CLUB SANDWICH

Triple decker toasted sandwich on granary with award
winning mature cheddar, tomato, mixed leaves, guac,
American style mustard & mayo

- CHICKEN & HAM - £8.20

- QUORN HAM (V) - £9.00

JACKET POTATOES

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

Eat in price includes a side salad & dressing

MATURE CHEDDAR & BEANS (V) (Gf)

- £5.00 (£8.00 IN)

TUNA MAYO (Gf) - £5.70 (£8.70 IN)

COTTAGE CHEESE & CHIVES (V) (Gf)

- £5.70 (£8.70 IN)

3 BEAN CHILLI (Vg) - £6.20 (£9.20 IN)

BEEF CHILLI, CHEDDAR & S/CREAM

-£6.70 (£9.70 IN)

TOASTIES

On granary with award winning mature cheddar cheese

VINE RIPENED TOMATOES (V)

- £4.60 (£5.50 IN)

TUNA MELT - £5.00 (£5.90 IN)

Tuna flakes, mayo & smoked paprika

NEW YORKER - £5.30 (£6.20 IN)

Pastrami, gherkin & American style mustard

CHIPOTLE CHICKEN, BACON & TOMATO

- £5.50 (£6.40 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

-£8.00 (£11.50 IN)

PLANT BASED BURGERS

Moving mountains vegan burger served on a granary
bun with beef tomato, salad leaves, red onion, habanero
relish & mayo/vegan mayo. Eat in includes reg. side

VEGGIE + CHED CHEESE (V) -£8.40 (£11.90 IN)

VEGAN + VG CHEESE (Vg) - £8.40 (£11.90 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

£6.00 (£9.00 IN)

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



REGULAR SIDES £3.50

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 £4.30

SWEET POTATO & CHIVES MASH (V)(Gf)

Smashed with butter & crème fresh

CAJUN SPICED FRIES (Vg)(Gf)

Oven baked

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

- **£7.50** 1 breast - **£10.00** 2 breasts

CAJUN CHICKEN (Gf)

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

- **£8.20** 1 breast - **£10.70** 2 breasts

MEXICAN CHICKEN

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

- **£10.00** 1 breast - **£12.50** 2 breasts

SANDWICHES & ROLLS ON GRANARY

£3.90 (£4.65 IN)

TUNA CRUNCH, MAYO, ONION & LEAVES

EGG MAYO & CHIVES (V)

CHEDDAR CHEESE & PICKLE SALAD (V)

VEGAN CHEESE & PICKLE SALAD (Vg)

£4.20 (£5.00 IN)

CHICKEN, MAYO & AVOCADO

HAM, EGG & MUSTARD SALAD

PASTRAMI, CHEESE & MUSTARD SALAD

EGG FLORENTINE (V)