

# soup of the day

£4.00 (add bread roll £1)

# sandwiches

served on fresh sourdough £4.75

- the ultimate tuna melt, sourdough, mayonnaise, cheddar cheese and spices
- buffalo mozzarella, marinated cherry tomato, green olivada (vegetarian)
- house made almond ricotta' with fresh shredded veg (vegan)

# salads

small 2.5 medium 4.50 large 8.00

- mixed salad greens, boiled egg, cherry tomato, cucumber, radish, cress and a honey mustard dressing
- penne pasta, roasted vegetables, dressed with house made salsa verde and topped with omega seeds
- lentil, roasted beetroot, baby spinach, chunks of goats cheese dressing with dijon vinaigrette

# protein pots

£2.50

- lemon marinated chicken breast
- tuna

spinach roll £2.50

sausage roll £3.50

*Butterscotch*

## soup of the day

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## sandwiches

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- spicy beef chorizo, housemade tomato chutney, sliced plum tomato, mature cheddar
- slices of halloumi cheese, housemade fig chutney, caramelized onion (vege)
- house made hummus, chargrilled red pepper and courgette, crunchy omega seed mix

## salads

small £2.50 medium £4.50 large £8.00

- mixed baby leaves, cucumber, green bean, tomato, olives, fresh herbs and a tangy lemon dressing
- penne pasta, cherry tomato, baby mozzarella, basil, spinach and green olivada
- chickpea, grains, fetta, mint, toasted pepitas, mixed leaves, orange dressing

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- lemon marinated chicken breast
- tuna

spinach roll £2.50

sausage roll £3.50

*Butterscotch*