

Bowls

Hummus Falafel   9.90

Hummus, falafel, roasted baby potatoes, salad, red lentil mash, peppers, carrot, cucumber, pickled red onion

Lentil & Quinoa   9.90

Green lentil, quinoa salad, mixed salad, chickpeas, grilled veggies, beetroot pate, corn, red pickled onion, tomato, cucumber

Halloumi Artichoke  10.90

Grilled halloumi, artichoke, quinoa salad, salad, beetroot pate, red lentil mash with parsley, olives, corn, baby tomatoes, cucumber

Crunch Chicken Bowl 10.90

Chicken bites, baby potato roasted, basmati, salad, beetroot pate, artichoke, avocado, corn, peppers

Mozzarella Bowl  10.90

Fresh mozzarella, salad, baby roasted potatoes, baby tomato, beetroot pate, grilled veggies, peppers, olives, corn, black sesame

Aegean Bowl  10.90

Marinated feta cheese, salad, red lentil mash with parsley, grilled veggies, rocket, peppers, baby tomato, capers, red onions, olive

Tuna Bowl 11.90

Tuna, quinoa salad, mixed salad, baby roasted potatoes, grilled veggies, pickled red onion, peppers, capers, carrot

Grilled Chicken Bowl 11.90

Grilled Chicken breast, quinoa salad, mixed salad, beetroot pate, roasted baby potato, pepper, carrot, corn, avocado, pumpkin seeds

Prawn Bowl 12.90

King prawns, mixed salad, quinoa salad, rocket, beetroot pate, corn, capers, cucumber, roasted baby potatoes, carrot

Salmon Bowl 12.90

Salmon, roasted baby potatoes, basmati, mixed salad, pickled red onion, avocado, peppers, carrot, capers

Rolls

- add chips for £1.90 -

Mushroom & Cheese  5.90

Seeded brioche bun, mushroom, cheddar cheese

Ham & Cheese Roll 5.90

Seeded brioche bun, honey roasted ham, cheddar cheese

Hummus Veggie Roll   5.90

Vegan brioche style bun, hummus, grilled veggies, dried t. , rocket

Bacon Roll 6.90

Seeded brioche bun, crispy smoked streaky bacon

Pepperoni & Cheese Roll 6.90

Brioche bun, pepperoni, cheddar cheese, rocket, tomato

Vegan Sausage Avo Roll   7.90

Vegan brioche style bun, vegan sausage, avocado, rocket, tomato

Halloumi Avo Roll  7.90

Brioche bun, grilled halloumi, grilled veggies, avocado, pesto

BLTA Roll 7.90

Brioche bun, smoked streaky bacon, avocado, tomato, lettuce

Burgers

- served with chips -

Cheeseburger 10.90

Beef patty, double American cheese, tomato, red onion, smoked mayo, pickles, lettuce

Chicken Burger 10.90

Breaded chicken breast, lettuce, tomato, cheddar cheese, garlic mayo

BBQ Burger 11.90

Beef patty, barbeque sauce, caramelised onions, smoked mayo, pickles, lettuce

Chilli Burger 11.90

Beef patty, double American cheese, hot caramelised onion, tomato, chipotle mayo, pickles, lettuce

Chicken Avo Burger 11.90

Breaded chicken breast, mature cheddar, avocado, roasted veggies, smoked mayo, pickles, lettuce

CRUNCH Chicken Burger 12.90

Breaded chicken breast, mature cheddar, grilled mushroom, crispy onion, smoked mayo, crunch sauce, pickles, lettuce

CRUNCH Burger 12.90

Beef patty, crispy smoked bacon, mature cheddar, grilled mushroom, crispy onion, pickles, crunch sauce, lettuce

Vegan Cheeseburger   12.90

Vegan beef patty, vegan cheese, roasted veggies, tomato, red onion, vegan smoked mayo, pickles, lettuce

Vegan BBQ Burger   12.90

Vegan beef patty, roasted veggies, vegan smoked mayo, mustard, barbeque sauce, pickles, lettuce

Wraps

- served with chips -

Hummus Falafel   9.90

Hummus, falafel, rocket, mixed leaves, peppers, homemade pickled red onion

Hummus Avo Wrap   9.90

Hummus, grilled veggies, red lentil mash, mixed leaves, dried tomato, corn, avocado

Chicken Parmesan Wrap 10.90

Breaded chicken bites, rocket, mixed leaves, parmesan cheese, pesto

Halloumi Artichoke Wrap  10.90

Rocket, halloumi, artichoke hearts, pesto, peppers, mixed leaves

Vegan Sausage Wrap   11.90

Vegan sausage, mixed leaves, grilled veggies, dried tomato, olives, peppers

Chicken Avo Wrap 11.90


Grilled chicken breast, avocado, mixed leaves, red onion, peppers

Pepperoni Bacon Wrap 11.90

Pepperoni, bacon, rocket, mature cheddar cheese, mixed leaves, smoked mayo, caramelised onion

Coffees

- milk alternatives -

Tea	2.50
Espresso	2.50
Americano	2.60
Latte	2.90
Flat White	2.90
Cappuccino	2.90
Mocha	3.20
Hot Chocolate	3.20
White Hot Chocolate	3.20
Mastic Hot Chocolate	3.20
Hazelnut Hot Chocolate	3.20
 Salted Caramel Hot Chocolate	3.20
White Cranberry Hot Chocolate	3.20
Freddo Espresso	2.60
Freddo Cappuccino	2.90


Soft Drinks

Homemade Lemonade	2.75
Karma Cola	2.75
Karma Cola Sugar Free	2.75
Gingerella	2.75
Lemony Lemonade	2.75
Razza Raspberry Lemonade	2.75
Organic Orangeade	2.75
Coke	2.00
Diet Coke	2.00
Coke Zero	2.00
Tropicana Orange Juice	2.50
Still Water	1.00
Sparkling Water	1.00

Cocktails

Aperol Spritz	6.50
Pimms	6.50
Espresso Martini, Freddo Style	6.50
Gin & Tonic	6.50

Shakes

Vanilla Milkshake	4.50
Chocolate Milkshake	4.50
Strawberry Milkshake	4.50
Banana Milkshake	4.50
Salted Caramel Milkshake	4.90
Oreo Milkshake	5.50
Mocha Milkshake	5.50
Vegan Vanilla Milkshake 	5.90
Vegan Mocha Milkshake 	6.50

Smoothies - made in house -

Red Energie	3.50
<i>Red summer fruits, cacao, maca, flaxseed</i>	
Yellow Defence	3.50
<i>Pineapple, mango, banana, carrot, flaxseed, baobab</i>	

Beer & Cider

Peroni 330ml	4.50
Brewdog Punk IPA 330ml	4.50
Brewdog Pale Ale 330ml	4.50
Brewdog Dead Pony C.	4.50
Hawkes Apple Cider 330ml	4.50
Kopparberg Mixed Fruit 330ml	4.50
Kopparberg Strawberry Lime	4.50

Wine

Prosecco 200ml	7.00
Prosecco 700ml	22.00
Les Roulants Rose	22.00
Andersbrook Chenin Blanc	22.00
Primordial S. White B.	7.00 / 22.00
Makutu Sauvignon Blanc	28.00
Primordial S. Red B.	7.00 / 22.00
Vista Sierra Malbec	24.00