



Seven Daily Menu

Monday to Friday

Sandwiches *Add a Cup of Homemade Soup for £1.95*

All available as a salad served with mixed salad leaves, cucumber & cherry tomatoes

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| | Hand-carved ham and egg with black pepper mayo | £5.75 |
| | Smoked bacon BLT | £5.50 |
| VE V | TLT smoked sesame tofu with vegan mayo | £5.95 |
| VE V | Roast vegetables with hummus & spinach | £5.50 |
| V | Grilled halloumi with pesto tomato & mixed leaves | £5.75 |
| | Smoked salmon & cream cheese | £5.75 |
| V | Goats' cheese, pear and walnut with balsamic glaze | £5.95 |
| | Feta, sundried tomato and olive with balsamic glaze | £5.95 |

Light Lunch

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| | Homemade soup of the day <i>served with bread (ask for today's choice)</i> | £4.50 |
| V | Jacket potato <i>(ask for today's fillings)</i> | £4.95 <i>extra fillings + 50p each</i> |
| V | Goats cheese & red onion chutney rarebit | £5.95 |
| V | Nachos <i>served w/ grated mozzarella, salsa, sour cream, jalapenos & fresh coriander</i> | £4.95 |
| | Eggs Benedict <i>bacon & poached eggs</i> | £7.50 |
| | Eggs Royale <i>smoked salmon & poached eggs</i> | £7.50 |
| V | Eggs Florentine <i>wilted spinach & poached eggs</i> | £6.95 |

Small Bites

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|------|--|---------------------|
| V | Homemade samosa with raita | £1.50 |
| VE V | Oven-baked Potato Wedges <i>Add Sour Cream/Sweet Chilli Sauce</i> | £3.45 £0.35 each |

All food is freshly prepared from scratch.

*Before ordering please ask staff for details if you have an allergy or food intolerance
For groups of 8+ a 10% service charge will be added to the bill.*



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Evening Menu

Monday to Friday

- Homemade soup of the day** *served with bread (ask for today's choice)* £4.50
- Vegetarian Chilli** *mixed bean & tomato served with pitta & sour cream* £6.50
- Beef and Bean Chilli** *served with pitta & sour cream* £6.50
- Vegan Mezze** £7.95
Roast artichoke hearts, sundried tomatoes, falafel, smoked tofu, olives, hummus & pitta
- Charcuterie Board** £7.95
Assorted cured meats served with gherkins, olives, bread & chutney
- Cheeseboard** £7.95
Cheddar, Brie, Roquefort/Blacksticks Blue served with chutney, olives & crackers
- Hummus** £2.95
Served with Pitta
- Olives** £2.95
- Vegetable Samosa** £1.50
Homemade, served with a cucumber raita

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