



Daily Menu

Monday to Friday 11.30am - 2.30pm & 5.30pm - 8.30pm

All food is freshly prepared. Please be aware that there may be a slight wait at busy times

Light Bites/Starters

Hummus Trio: A trio of homemade Hummus, olives, and pita with dressed leaves (v/ve)	6.50
Nachos: Tortilla chips with melted cheese, salsa, refried beans and sour cream (v)	5.75
Soup: Homemade soup served with bread and butter (v) <i>please ask at the bar for selection</i>	4.50
Potato Wedges/ Sweet Potato Wedges: Oven baked with sour cream & sweet chilli sauce (v)	3.95/4.25
Marinated Green and Black Olives	2.95

Sandwiches

Large white or granary seeded roll, or tortilla wrap, with handful of crisps & dressed leaves Gluten free roll available (extra 50p)

BBQ pulled lamb: Slow cooked lamb served with tzatziki and mixed leaves	6.20
Seven Style Club: chicken, Serrano ham, sun blush tomatoes, leaves, and black pepper mayo	6.20
Roast Veg: Harissa roasted vegetables with hummus and spinach (ve)	4.95
Cheese: Classic French Brie with basil leaves & tomato (v)	4.95
Add a cup of soup to your sandwich for an extra £1.95	

Mains

Goats Cheese & Puy Lentils w/ walnuts, beetroot & a balsamic reduction (v/gf/n)	7.00
Mediterranean Cous Cous Salad w/ mixed veg, pomegranate seeds & orange dressing (ve)	6.50
Risotto: Vegetable risotto <i>Please ask at the bar for today's selection (v) (gf)</i>	8.00
Pasta: Veggie or meat <i>Please ask at the bar for today's selection (v)</i>	8.50/9.00
Chorizo, chick pea & squash stew: Fried chorizo, squash and chick peas in a spicy tomato sauce, served with warm bread & butter	8.50
Sweet potato, chick pea & red pepper stew: Chick peas, sweet potato, red pepper & kale in tomato sauce, served with warm bread & butter (v) (ve)	7.50
Cassoulet: Mixed beans in a garlic, carrot, celery tomato sauce served with cous cous (ve)	7.50
Burrito: Veggie or chicken: (guacamole, rice, corn, re fried beans, cheese) served w/salad, nachos & pico de gallo (v) <i>(can be made ve- please ask)</i>	8.50/9.00
Burger: Homemade burger served in a bun w/ side salad, homemade burger relish and potato wedges (v)	9.50/8.50
<i>Please ask at the bar for today's selection. Lamb/Chicken/Beef or Veggie</i>	
Extras : sweet potato wedges /cheese /bacon	each 1.00

Dessert Special and cakes are available, please see blackboard at the bar for selection

Most dishes are available as smaller portions for children. Please ask at the bar.

For groups of 8+ a 10% service charge will be added to the bill.



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Brunch Menu

Saturday and Sunday 10.30am -3.00pm

Every dish is prepared fresh from our kitchen

£

Fruit

Fruit Compote, berries & Natural Yoghurt (v) 3.50

On **Buttered Toast** (*white, granary or gluten-free roll*)

Butter & Spreads : jam/marmalade/Nutella/peanut butter/marmite (v) 2.00

Free Range Eggs: choice of 2 fried or poached eggs, or 3 scrambled eggs (v) 4.95

Chorizo Beans: homemade chorizo & thyme beans on toast 5.50

Mushrooms: creamed mushrooms with white wine & herbs on toast (v) 4.95

Guacamole: homemade guacamole with coriander sprigs 4.95

Classics

Bacon or Sausage Sandwich *white, granary or gluten-free roll* 4.00

BLT: crispy smoked bacon, lettuce, tomato & black pepper mayonnaise 5.00

Rarebit: grilled rarebit on toast w/ slow roasted tomatoes, onion jam & dressed leaves (v) 5.50

Eggs Benedict: ham, 2 poached eggs on a toasted muffin w/ hollandaise sauce 6.75

Eggs Royale: smoked salmon, 2 poached eggs on a toasted muffin w/ hollandaise sauce 6.95

Eggs Florentine: wilted spinach, 2 poached eggs, toasted muffin w/ hollandaise sauce (v) 6.00

Specials

Huevos Rancheros: crispy tortilla with spicy toms, fried eggs, guacamole & refried beans (v) 6.25

Chorizo & Potato Salad: chorizo with sautéed potatoes, spinach and a poached egg 6.25

Sweet potato Hash: Sweet potato, red pepper and kale hash (ve) w/poached egg (v) 6.25/6.75

Extras or on the Side *cannot be ordered separately- must be ordered with a main*

bacon /smoked salmon /black pudding /chorizo/sausage 1.50

fried or poached egg /gluten free roll .60

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