## SMALL PLATES \& STARTERS

Antipasti platter salami, parma ham, mozzarella, sundried tomatoes, olives, rocket and focaccia bread 19.50
Red lentil and ginger soup toasted granary bread 6.95
Salt and pepper squid lemon and garlic mayonnaise 9.95
Panko crumbed prawns sweet chilli sauce 9.95
Nachos with guacamole, salsa and sour cream
Small 7.50 / Large 10.50

## SANDWICHES \& SALAD BOWLS

Glutenfree option available, please ask.
Amazonia acai smoothie bowl granola, strawberries, coconut, pumpkin and chia seeds 9.25 Superfood and kale bowl beetroot, quinoa, chickpea, sweet potato, seeds and sultanas, sweet mustard dressing 12.95 Add chicken 7.00 / Salmon 8.50
Traditional Caesar salad Romaine lettuce, croutons, parmesan and Caesar dressing 8.50 va Add chicken 7.00 / Salmon 8.50
Ham and cheese toastie on granary bloomer bread, side salad and crisps 8.95
BLT classic bacon, lettuce and tomato, granary bloomer bread, side salad and crisps 9.50
Falafel, spinach and mint yoghurt wrap side salad and crisps 10.95
BBQ Chicken Wrap chicken, peppers, onion and cheddar, side salad and crisps 10.95

# MAINS <br> 8oz Grilled Bavette steak malbec salt fries, rocket salad 18.95 <br> Beef burger gem lettuce, beef tomato, mature cheddar, red onion chutney and thick cut chips 13.95 <br> "Beyond Meat" burger baby spinach, mashed avocado, red onion, beef tomato, vegan cream cheese and sweet potato fries 14.95 <br> Chicken and wild mushroom Pie buttery mashed potato, tender stem broccoli 15.95 <br> Chicken Milanese crumbed chicken breast, rocket and parmesan salad 15.95 <br> Grilled salmon new potatoes, green beans, lemon butter sauce 18.50 <br> Sweet potato and chickpea curry pilau rice and naan bread 15.95 

## SIDES

Sweet potato fries 4.50 ® / Lemon and rosemary olives 3.95 © / Malbec salt chips 3.50 Rocket and parmesan salad 3.50 / Garlic bread 4.95 ( / Buttered green beans and tender stem broccoli 4.95 Buttered new potatoes 3.75

## DESSERT

Fresh fruit salad 6.50 (v) / Selection of Ice cream 6.95 다 / Honeycomb cheesecake chocolate drizzle 7.50 / Sticky toffee pudding vanilla Ice cream 7.50 / Flourless chocolate and orange tart 7.70 © (1)

