

menu

Check out the menu board for our daily specials

WRAPS (served with a side salad)

Chicken bites with salad & mild salsa mix	£2.75
Chicken Tikka & salad	£2.75
Plain chicken & salad (low cal)	£2.75
Chicken & cheese salsa	£2.75
Cheese, salad & salsa mix (V)	£2.50
Cheese & tomato (V)	£2.00
Goat's cheese & red grape (V)	£2.25
Falafel, hummus, lettuce, tomato & red pepper (V)	£2.25

PANINIS (Served with a side salad)

Ham & cheese	£2.00
Bacon & tomato	£2.00
Tuna melt	£2.50
Cheese, tomato & basil (V)	£2.00
Goat's cheese & roasted red peppers (V)	£2.50
Sweet red pepper cheese & oregano (V)	£2.50
Mozzarella, basil & tomato (V)	£2.50

SANDWICHES (Served with a side salad)

Egg mayonnaise (V)	£1.95
Cheese & tomato (V)	£1.95
Ham & cheese	£2.05
Ham & tomato	£1.95
Tuna mayonnaise	£2.05
Tuna crunch (peppers/onions/cues/toms)	£1.95
Chicken Tikka	£2.05
Chicken mayonnaise	£2.05
Goat's cheese & roasted veg (V)	£2.05
Brie cheese & red grape (V)	£2.05
Egg & bacon	£2.05
Toasted sandwich add 50p to above	50p

If you want to be creative with your fillings just ask

Our confectionary and hot drinks are Fairtrade products, and other food is locally sourced where possible.



BAKED POTATOES

(with a salad garnish)

Plain potato (V)	£1.75
tuna and sweetcorn	£3.00
with beans & cheese (V)	£2.75
with roasted veg (V)	£2.75
with coleslaw & / or beans (V)	£2.75
with chicken & sweetcorn	£3.00
with prawn Mary Rose	£3.00
with cheese (V)	£1.80

VEGETARIAN Specials

Pitta bread with hummus , grated carrots & olive	£2.00
Cheese on toast with salad, pickled onion or onion relish	£1.50
Onion & cauliflower quiche with side salad	£1.75
Pitta bread with melted goat's cheese & roasted veg. med. sized x 1	£2.00
Vegetable kebabs x 2	£1.50

CHILDREN'S MENU

(includes main course desert and drink) £3.00

Chicken nuggets & chips
Sausage / veg. sausage & chips
Pasta with tomato and basil V
Mini jacket potato (please ask for available fillings)
Mini Pizza
Cheese and Jam Sandwich

Desert

Ice cream (one scoop)

Check the chiller for delicious deserts

Child sized portions from the main menu are available children age 18 months plus

We are happy to heat bottles and baby food.

GOURMET BURGERS & BITES

Chicken bites (10 bites)	£2.25
Chicken bites (5 bites)	£1.25
Cheese burger	£1.75
Chicken fillet burger	£1.80
Naan bread pizza	£1.75
Home-made veggie burgers	£1.75
Home- made veggie bites (10 bites)	£1.75
Home-made veggie bites (5 bites)	£1.00
Deep fried chilli chicken wings (5 wings)	£1.75

CHIPS

Chips with home made gravy	£1.35
Portion of chips / wedges/ herby potatoes	£1.25
Cheesy Chips	£1.35

SALADS

Italian dream - tuna, egg, olives, on a bed of green leaf salad with a drizzle of olive oil, lemon & black pepper.	£3.75
Chicken delight - Strips of chicken on a bed of green salad with balsamic vinegar	£3.75
Goat's cheese - on a bed of green salad with balsamic vinaigrette dressing V	£3.75
Chicken salad - takeaway	£1.50
Pasta salad - with green pesto , tomatoes, spinach cut into strips, & parmesan shavings	£2.25

- **Special diets or requests? Just ask.**
- **Parties and functions our speciality.**
- **All proceeds support our work with young people in need.**