

WEEKLY MENU

MONDAY - FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SOUP
2.00**

Sweet potato Soup
Cannellini bean, Cumin roast
carrot, chive oil
150kcal

Spiced Carrot & coriander Soup
Roast chickpea, red lentils,
coriander, curry oil
143kcal

Minestrone soup
Pasta, focaccia
croutons, carrots,
pesto, peas
159kcal

Leek and potato
soup
Crispy potato,
sauteed leeks,
parsley oil
176 kcal

Spring vegetable Soup
Roots & beans, chive oil
150kcal

**LIVE
COOKING**

Poke bowl – 7.50
Sticky sweet chilli chicken, edamame
peas, avocado, pickled red onions,
charred corn, rice, crispy onions
489kcal

**Spiced ground beef &
chickpea meatballs – 7.50**
Cumin scented caramelised
tomato sauce, couscous,
lentils, fresh herbs, lemon
yogurt
501 kcal

Honey glazed slow roast gammon- 7.50
Potato sourdough roll, Celeriac & apple
slaw, fries, rocket
798kcal

Goulash– 7.50
Slow braised pork, Spring vegetables,
paprika and potatoes served with
crusty bread , pickled red cabbage &
sour cream
602 kcal

Pizza special day

**Onion rings 1.00 x4
250kcal
BBQ chicken wing 1.00
152kcal**

**LIVE
COOKING/
HAND
HELD**

Poke bowl - 7.00
Sticky sweet chilli cauliflower,
edamame peas, avocado, pickled red
onions, charred corn, rice, crispy
onions
459kcal

Lentil dhal- 6.00
Flatbread, lemon yogurt
398 kcal

Jerk vegetable curry -6.50
Rice 'N' Peas
425kcal

National Waffle day- 3.50
Handmade waffles, maple syrup, ice
cream
398kcal

Goulash- 7.00
Butter Beans, Spring vegetables,
paprika and potatoes served with
crusty bread, pickled red cabbage &
sour cream
524kcal

**Mozzarella sticks 1.00 x 2
160kcal
Fries 1.50
405kcal**

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MARGARITA

Classic Cheese and Tomato
Calzone 6.50
807kcal

Classic Cheese and Tomato
deep pan pizza 7.00
1007kcal

Classic Cheese and Tomato
hand stretched thin base
6.00
807kcal

MEAT

Spicy Chorizo calzone
6.50
914 kcal

Handmade focaccia
sandwich, Chicken &
tarragon mayo, rocket
salad, chipped potatoes
7.50
598 kcal

Spicy beef & green pepper
deep pan pizza 7.50
1207kcal

Meat ball sub roll, mozzarella
Cajun potato wedges 7.50
814kcal

Meat feast hand stretched
thin base 7.50
1180kcal

VEGETARIAN

Roast pepper & red onion
calzone 6.50
825 kcal

Handmade focaccia
sandwich, tuna crunch
mayo, rocket salad, chipped
potatoes 7.50
546kcal

Goats cheese & red onion
deep pan pizza 7.50
1207kcal

Veggie supreme hand
stretched thin base 7.50
925kcal

TOPPINGS

Dried Chilli Flakes
Crispy Onion
Flavoured Oils

Dried Chilli Flakes
Crispy Onion
Flavoured Oils

Dried Chilli Flakes
Crispy Onion
Flavoured Oils