

BREAKFAST

MIXED TOAST.....2.95 with Carved Angel jam or marmalade	BANANA & PEANUT BUTTER ON TOAST.....4.95 with toasted pecans
WHEAT FREE GRANOLA.....4.95 with greek yoghurt, blueberries & banana	SOFT BOILED EGG & SOLDIERS.....2.95 / 4.95 1 egg / 2 eggs
TOASTED AVOCADO BREAD.....4.95 with greek yoghurt & blueberries	THE GROCER ENGLISH.....7.95 Fried eggs & crispy chorizo on toast Fried eggs & avocado with za'atar on toast
TOASTED BANANA BREAD.....4.50 with Italian butter	BREAKFAST BAGEL.....6.95 Chorizo, avocado & tomato chutney

LUNCH

SMALL SALAD PLATE.....9.95 a selection of up to 4 salads	HOMEMADE SOUP SOUP OF THE DAY.....5.95
LARGE SALAD PLATE.....10.95 a selection of up to 6 salads	SALAD PLATES BUFFALO MOZZARELLA.....9.95 with avocado, cherry tomatoes, rocket & basil pesto
SMALL SALAD PLATE WITH BEEF OR CHICKEN.....11.95 beef or chicken with a selection of up to 4 salads	GORGONZOLA DOLCE & PEARS.....9.95 drizzled with Italian honey & served with focaccia
LARGE SALAD PLATE WITH BEEF OR CHICKEN.....13.95 beef or chicken with a selection of up to 6 salads	SMOKED SALMON & AVOCADO.....11.95 with rocket & lime vinaigrette served on toast
MAINS Roast fillet of beef with horseradish creme fraiche Roast chicken supreme with tarragon, nutmeg & lemon	SANDWICHES served on focaccia or seven seeded granary AGED CHEDDAR & TOMATO.....6.95 with sweet garlic pickle
SALADS Sweet chilli butter beans, with radish & herbs Gnocchetti sardi with roasted red peppers, olives, feta & rosemary Chargrilled broccoli, chilli, ginger & garlic with black sesame seeds & soy sauce Roasted aubergine with garlic greek yoghurt, za'atar & pomegranate seeds Marinated peppers with capers, basil & parsley Roasted cauliflower, wholegrain mustard vinaigrette, fresh tomatoes & dill Sweet potatoes with sweet & sour dressing & pecan nuts Greek style braised green beans with plum tomatoes & cinnamon Basmati rice with cashew nuts, chickpeas, currants & herbs	YELLOW FIN TUNA MAYONNAISE.....6.95 with plum tomato & leaves ROAST CORNFED CHICKEN.....6.95 with peanut dressing, red onion & cucumber ROAST FILLET OF BEEF.....9.95 with red onion, rocket & horseradish creme fraiche
	TOASTIES MOZZARELLA.....6.95 with plum tomato & basil & cashew nut pesto ROSEMARY HAM & AGED CHEDDAR.....6.95 GORGONZOLA DOLCE.....6.95 with artichoke
	BAGELS AVOCADO.....6.95 with rocket, lime, black pepper & olive oil SMOKED SALMON & CREAM CHEESE.....6.95

FRESH JUICE

APPLE & LIME.....4.50	APPLE, CELERY LIME, CUCUMBER & MINT.....4.50
PINEAPPLE & MINT.....4.50	CARROT & ORANGE.....4.50