

LUNCH

SERVED FROM 12.00PM

CIABATTAS & PANINIS

THE STEAK CIABATTA.....	£10.50
Steak, chutney, leaves	
THE REUBEN CIABATTA	£9.50
Pastrami, emmental, gherkins, American mustard mayonnaise	
THE CLUB CIABATTA	£9.50
Chicken, bacon, lettuce, tomato & mayonnaise	
THE HERBY GOAT CIABATTA.....	£8.50
Goats cheese, home roasted Mediterranean vegetables (V)	
THE SHOW ME THE HONEY CIABATTA	£9.50
Halloumi, bacon, honey & harissa	
HAM & CHEESE PANINI	£7.25
CHEESE & ONION PANINI (V)	£7.25
CHEESE & TOMATO PANINI (V)	£7.25
TUNA MELT PANINI	£7.25
THE VEGAN MELT (VV).....	£7.95
Melted vegan 'cheeze', home roasted Mediterranean vegetables	

THAT'S A WRAP

THE BEETROOT, QUINOA & EDAMAME BITES (VV) (GF)	£7.50
Homemade hummus & avocado wrap	
BEETROOT HUMMUS & HOME ROASTED VEGETABLE WRAP (VV)	£7.50
SWEET CHILLI CHICKEN WRAP	£7.95
CHICKEN FAJITA SALAD WRAP	£7.95
THE BRUNCH WRAP.....	£7.95
Bacon, cheese, hash brown & baked beans	

WE NOW USE PLAIN GLUTEN FREE WRAPS WHICH ARE SUITABLE FOR VEGANS,
VEGETARIANS AND COELIACS

SANDWICHES

OPEN SMOKED MACKEREL SANDWICH	£11.50
Smoked mackerel fillets, horseradish cream, home pickled radishes, open toasted sourdough	
HOME BAKED HAM & CHUTNEY SANDWICH	£6.50
MATURE GRATED CHEDDAR & CHUTNEY (V).....	£6.50
TUNA & LEMON MAYONNAISE.....	£6.50

SIDES

SKIN ON FRIES	£3.95
HASH BROWN BITES & BOURBON BBQ DIP	£3.95
HOUSE SIDE SALAD	£3.50
HOMEMADE SLAW	£3.00

LIGHT BITES

HOMEMADE BEETROOT HUMMUS, (VV).....	£6.95
MIXED OLIVES, TOASTED PITA STRIPS	
PANKO BREADED CALAMARI, HOMEMADE GARLIC AIOLI	£7.50
SPICED CRAB CAKES.....	£7.50
Salad garnish, homemade pea & wasabi mayonnaise	

MAINS

GAMBAS PIL PIL, SALAD, TOASTED CIABATTA.....	£12.50
HOME BEER BATTERED PRAWNS, SKIN ON FRIES, SALAD	£12.50
HOMEMADE ITALIAN FISH STEW, TOASTED CIABATTA	£14.00
(mussels, king prawns, mackerel, salmon, cod)	
SMOKED SALMON & KING PRAWN LINGUINE.....	£13.50
GRILLED HALLOUMI & MEDITERRANEAN VEGETABLE.....	£10.50
SKEWERS, SKIN ON FRIES, SALAD (GF) (V)	
HOME BAKED HAM, FRIED EGGS, SKIN ON FRIES (GF).....	£9.50
THE CHIP SHOP BURGER.....	£11.50
Breaded cod fillets, tartare sauce, toasted pretzel bun, skin on fries, pea & wasabi mayonnaise	
SOUTHERN FRIED CHICKEN BURGER.....	£10.95
Toasted pretzel bun, bourbon bbq sauce, skin on fries & salad	
BEETROOT QUINOA & EDAMAME BURGER, (VV).....	£10.50
Toasted pretzel bun, garlic aioli skin on fries, salad	

BUDDHA BOWLS

(SEA VIEW MIXED SALAD BOWLS)

PLAIN NO TOPPING (V)	£6.50
GOATS CHEESE & BLACK PUDDING BUDDHA.....	£10.50
CHICKEN CAESAR BUDDHA.....	£10.50
HALLOUMI BUDDHA (V) (GF).....	£9.95
BEETROOT QUINOA & EDAMAME BITES BUDDHA (VV)	£9.95

DIPS

AIOLI	£0.95
BOURBON BBQ	£0.95
SWEET CHILLI	£0.95

CUSTOMER INFORMATION:

FOR ANY ALLERGIES OR INTOLERANCES PLEASE SPEAK TO A TEAM MEMBER
PRIOR TO ORDERING SO THEY ARE ABLE TO RELAY THE INFORMATION TO THE
KITCHEN BEFORE FOOD PREPARATION COMMENCES

*OUR FRIES ARE GLUTEN FREE, HOWEVER THEY WILL HAVE BEEN FRIED IN A MULTI USE FRYER

PLEASE NOTE THAT IN BUSY PERIODS WE ARE UNABLE TO MAKE CHANGES TO THE MENU