



AUTUMN LUNCH MENU

SERVED 12 – 3PM

DAILY SPECIALS – SEE BLACKBOARD

WARM CARROT, PEPPER & LENTIL SALAD WITH SHREDDED SAVOY CABBAGE, SPRING ONIONS, MAPLE ROASTED PECANS & GINGER & MAPLE DRESSING	£8.50	vegan
GOATS CHEESE SALAD WITH PICKLED CARROTS, TOASTED WALNUTS, CHERRY TOMATOES, RED PEPPERS, PEA SHOOTS, SALAD LEAVES & SUNDRIED TOMATO DRESSING	£9.00	veggie
TUNA & NEW POTATO SALAD WITH GREEN BEANS, CHERRY TOMATOES, CUCUMBER, RED ONION, BLACK OLIVES, LITTLE GEM LETTUCE & SUNDRIED TOMATO DRESSING	£9.20	
BACON & CHORIZO SALAD WITH ROASTED BUTTERNUT SQUASH, SPRING ONION, RED PEPPERS, SALAD LEAVES & BLUE CHEESE DRESSING	£9.50	
5 SPICE DUCK SALAD WITH POMEGRANATE, SPRING ONION, PICKLED CARROT, ALFALFA, CORRIANDER, SALAD LEAVES & LIME & SESAME DRESSING	£9.80	
ZUCCHINI & SWEETCORN FRITTERS WITH TZATZIKI & GREEN SALAD	£7.80	veggie
TOASTED HALLOUMI, PESTO, TOASTED PUMPKIN SEEDS & SALAD LEAVES IN PITTA BREAD WITH TABBOULEH SALAD	£8.20	veggie
GINGER & SOY CHICKEN, APRICOTS, TOASTED SESAME SEEDS, PEA SHOOTS, TAHINI DRESSING IN PITTA BREAD WITH GREEN SALAD	£8.50	

SANDWICHES

REG: on Cake Shop granary or white, or gluten free bread.

POSH: on Cake Shop, toasted sourdough (open sandwich)

	REG	POSH
FREE RANGE EGG, MAYONNAISE, AVOCADO, CAPERS, CRESS	£4.50	£5.50
HUMMUS, PICKLED CARROT, RED PEPPERS, TOASTED PUMPKIN SEEDS	£5.00	£6.00
CURED HAM, CREAM CHEESE, FIG RELISH, CUCUMBER	£5.50	£6.50
CREASEYS CRISPY BACON, MAYONNAISE, AVOCADO, TOMATO, ROCKET	£5.50	£6.50
CHICKEN, BLUE CHEESE DRESSING, AVOCADO, RED PEPPER, ALFALFA	£6.00	£7.00
TUNA MAYONNAISE, RED ONION, CAPERS, CUCUMBER, PARSLEY	£6.50	£7.50

PLEASE ORDER AT THE COUNTER
All Allergen Information available on request