



SUMMER LUNCH MENU

SERVED 12 – 3PM

DAILY SPECIALS – SEE BLACKBOARD

INDIAN SPICED LENTIL SALAD WITH RAISINS, TOASTED SEEDS, RED ONION, CUCUMBER, ALFALFA, SALAD LEAVES, GINGER CURRY DRESSING	£8.50	vegan
TOASTED HALLOUMI SALAD WITH ROASTED PEPPERS, COURGETTES, AVOCADO, HUMMUS, CELERY, SALAD LEAVES, TOASTED SESAME SEEDS & TAHINI DRESSING	£8.80	veggie
BACON & STILTON SALAD WITH AVOCADO, BALSAMIC CHERRY TOMATOES, SPRING ONION, SOURDOUGH CROUTONS, SALAD LEAVES & HONEY BALSAMIC DRESSING	£9.00	
CHARGRILLED CHICKEN & CHORIZO SALAD WITH QUINOA, PEPPERS, PEAS, LITTLE GEM LETTUCE, HONEY MUSTARD DRESSING & GARLIC MAYONNAISE	£9.50	
CRAB & PINK GRAPEFRUIT SALAD WITH AVOCADO, CHIVES, WATERCRESS, BABY SPINACH, SOURDOUGH CROUTONS & LEMON DILL DRESSING	£9.80	
HOT-SMOKED SALMON SALAD WITH FREE RANGE EGG, PICKLED CUCUMBER, SPRING ONION, AVOCADO, PEA SHOOTS, SALAD LEAVES & CAPER LEMON DRESSING	£9.80	
TOASTED HALLOUMI, CHILLI JAM, & BALSAMIC CHERRY TOMATOES ON TOASTED SOURDOUGH	£8.00	veggie
BBQ PULLED CHICKEN, FRUITY COLESLAW & CRESS ON TOASTED SOURDOUGH	£8.20	
GRESSINGHAM PULLED DUCK IN HOISIN SAUCE, SPRING ONION, CUCUMBER & PEA SHOOTS ON TOASTED SOURDOUGH	£8.40	

SANDWICHES

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

POSH: on Pump St. toasted sourdough (open sandwich)

	REG	POSH
HUMMUS, ROASTED PEPPER, COURGETTE, RED ONION, ALFALFA	£4.50	£5.50
GORGONZOLA, CELERY, GRAPES, CRESS	£5.00	£6.00
CURED HAM, WHOLEGRAIN MUSTARD, PICKLED CUCUMBER, LEAVES	£5.50	£6.50
CREASEYS CRISPY BACON, MAYONNAISE, AVOCADO, TOMATO, ROCKET	£5.50	£6.50
CHORIZO, ROASTED PEPPER, CHILLI JAM, TOMATO, ROCKET	£6.00	£7.00
DOUBLE CRAB MAYONNAISE, AVOCADO, CRESS	£6.50	£7.50

PLEASE ORDER AT THE COUNTER
All Allergen Information available on request