

#NeedaBoost

Served 12noon-3pm

Homemade Soup £4.50 **V VGO GFO DFO**

Served with bloomer or granary bread.

NEW Cup of Soup £2.50

Add bread or toast £1

Super Green Salad Sm £5.00 Lg £8.00 **V VG GFO**

Mixed leaves, avocado, edamame beans, roasted vegetables, toasted seeds and fresh herbs, dressed in a soy and maple dressing

Halloumi & Roasted Veg Skewers £7.50 **V GF**

Griddled halloumi, cherry tomatoes and mushroom skewers.

Served on top of our special super seedy coleslaw and mixed leaf salad.

Add a toasted pitta £1

Cheddar Frittata £6.50 **V GF**

With potato and sweet onions. Served with a mixed leaf salad and our super seedy coleslaw.

Top Down Toasties £6.50

Our new toasties are served open with more filling and less stodge.

All come with a mixed leaf salad and our super seedy coleslaw. Choice of filling:

Croque monsieur (ham and cheese) **GFO**

Tuna melt with sweetcorn **GFO**

Halloumi, pesto & beef tomatoes **V GFO**

Hummus & roasted vegetables **V VGO GFO DF**

Fish Finger Pitta £5.50

Served with our seedy coleslaw and mixed leaf salad and a pot of tomato ketchup. Prefer bloomer bread? Just ask!

The Hungry Vegan Board £8.50 **V VG DF GFO**

Homemade hummus, tapenade, tomato bruschetta, marinated mixed olives, crudités, roasted vegetables and toasted granary.

The Hungry Ploughman's Board £8.50

Homemade sausage roll, honey roast ham, cheddar, baby pickled onion, wedge of bloomer, butter, mustard & fruit.

Baked Jacket Potatoes £6

Served with butter & a mixed leaf salad and our super seedy coleslaw.

Choice of filling:

Cheddar cheese & red onion **V GF**

Baked beans & cheddar cheese **V VGO GF**

Cheddar cheese & bacon **GF**

Tuna mayo & sweetcorn **GF**

NEW Super seedy coleslaw **V VGO GF DFO**