

Lunch

Panini

Tuna melt/ tuna mayo and farmhouse cheddar	4/3.5
Italian job/ salami, grilled peppers, mozzarella, rocket	5/ 4
Goat's cheese/ grilled peppers, courgettes, sundried tomatoes	5/4.5
Classic/ mozzarella, tomato and basil	4/3.5
Chicken supreme/roast chicken, bacon, mayo and mixed leaves	5/ 4
Veggie/ haloumi, spinach, grilled peppers, olives	5/4.5

Jackets

Cheese/ Beans/ Coleslaw/Tuna mayo/Tuna Sweetcorn	
1 filling	4.5
2 fillings	5
3 fillings	5.5

Wood fired sourdough baguettes and sarnies/ Pide

Available toasted if you prefer

Salt Beef, horseradish, gherkins, red onion nestled under mixed leaves 5

Roast chicken, mayo, avocado 4
blushing tomatoes and rocket dressed with our homemade pesto

Grilled peppers, courgettes, goat's cheese, mixed baby leaves dressed with a balsamic lime dressing 4

Cottage Cheese, avocado, lemon & Sea Salt with rocket 4

Wraps	4.5 /4
Falafel/hummus, grated carrot, cos lettuce, tzatziki	
Chicken/pesto, sundried tomatoes, peppers, sweet corn	
Mixed leaves	
Veggie/haloumi, grilled peppers and aubergine	
Spinach, tomato relish	

Every day we make a selection of freshly baked filled baguettes for your perusal. We will be happy to tell you what is on offer

Soup of the day served with wood fired sourdough bread..... 4

Burgers

Homemade free range beef burger, free range dry cured bacon, farmhouse cheddar, tomato relish, and a pickle, lettuce served in a seeded bun with chips 7.5

Cajun chicken burger, homemade guacamole and lemon mayo, lettuce, and freshly sliced tomato served in a seeded bun with chips

Quinoa Beetroot Burger, homemade guacamole, tomato, onion, jalapenos served in a seeded bun with chips 7.5

Add: Blue Cheese dressing/ Farmhouse Cheddar/Jalapenos/Relish 1

Free Range Organic Dry cured Bacon 1.5

Chips.....2

Salads

Nicoise Salad 8

Grilled tuna steak, cherry tomatoes, peppers, fine green beans, baby potatoes, boiled egg, olives, lettuce with a chive vinaigrette

Crazy Cobb Salad 7

Roast chicken, tomatoes, avocado, cos lettuce, boiled egg, crispy bacon, blue cheese dressing

Rainbow salad 7

Spinach, mixed leaves, grilled peppers, grilled courgettes, sweet corn, fine green beans, cherry tomatoes, feta cheese with a balsamic lime dressing

Weekly specials available on our boards or a member of our team will be happy to explain it all...

BEANS:

ARTISAN ROASTED COFFEE

Revelation espresso blend
Liberacion-guatemala/gashonga-rwanda/
San jeronimo-costa rica
A phenomenal dark roast espresso giving
Complex floral aromatics, ripe red fruit notes
Of cherry and a dark caramel treacle-like body

- Espresso(single/ double).....2
- Machiato(single/ double).....2
- Long Black.....2
- White Americano.....2.3
- Flat white/ Cappuccino.....2.3
- Latte.....2.3
- Hot Chocolate.....2.5
- White Hot Chocolate.....2.5
- Mocha.....3
- Chai Latte.....3
- Take Away 2

Grab a loyalty card and enjoy your 8th drink on us

Juice Bar// 3.5

- Orange, Apple or Carrot
 - Orange/Apple/Beetroot
 - Apple/Carrot/Ginger
 - Pomegranate/Orange or Pomegranate/Apple
 - Carrot/Orange/Apple/Grapes/ Celery
 - Grapefruit/Carrot/Ginger

Smoothies/// 3.5

- Strawberry fields: Strawberry/Banana/Apple
- Crazy coconuts: Pineapple/Mango/Coconut/Orange/ yoghurt
- Berry Booster: Raspberry/blueberry/ apple/ flaxseed
- Popeye: Spinach/Avocado/Apple/Raspberry/Lime
- Passion: Mango/ Passion fruit/ Banana/ Orange
- (add some frozen yoghurt to your smoothie for 50p)*

Cold Drinks/

- Coke/ Diet Coke/ Perrier/ Coke Zero/ Fanta/ Sprite.....1.5
- San Pellegrino/limonata/aranciata.....2
- Chegworth valley juices(Apple/ Pear/Apple&Strawberry/Apple& Rhubarb).....2.5
- Fentimans(Victorian Lemonade/Rose Lemonade/Ginger Beer.....2.5
- Beer 3.5 Wine 250ml (White, Rose or Red) 4.5 Bottle 14

(Alcoholic drinks only can be sold with consumption of food)

TEA:

**By Tea Pigs
TEA TEMPLES/**

Served by 18oz pot
Camomile/ Lemongrass/ Green
Peppermint/Super fruit/ Chai/
Rooibos/ Darjeeng Earl Grey/
Lemon Grass.....2.3

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- English tea.....2
 - Take Away 1.2

Milkshakes 3.5
Chocolate / Banana/
Strawberry/ Vanilla/
Peanut butter& Banana

Blended iced drinks 3.5
Coffee/ Latte/ Mocha/ Chai

Frozen Yoghurt

Regular/Large.....3/3.5

Toppings.....0.5 each

See from daily selection of
which toppings are available