

LUNCH

Soup of the Day £6 (PB, GFO)

Served with Paul's White, Granary or Sourdough

Chilli of the Day £8 (PB, GFO)

Served with Grain & Side Salad

Loaded Fries £8 (PB, GF)

With Homebrewed Beans, Avo, Yogurt Dressing & Jalapenos

Vood Salad Bowl £8 (PB, GFO)

Beetroot, 'Feta', Chick peas, Tomatoes & Peppers

With mixed seeds, a balsamic dressing & mint

Open Sandwiches

Cornish Brie £7.95 (V)

With Chutney & Wild Rocket

Houmous & Roasted veg £6.95 (PB, GFO)

With Wild Rocket & Spicy Mayo

Coronation Chickpea £6.95 (PB)

With grated carrot, wild rocket & mango chutney

Tuna or 'Chuna' Melt £6.95 (PBO, GFO)

With 'cheese'