

LUNCH

Soup of the Day £6 (PB, GFO)

Served with Paul's White, Granary or Sourdough

Loaded Fries £9 (PB, GF)

With Salsa, 'Cheese', Avo, Yogurt Dressing & Jalapenos

Beetroot Salad Bowl £9 (PB, GFO)

Beetroot, 'Feta', Chick peas, Salad, dressed and topped with mint

Raw Salad £10 (PB, GFO, R)

vegetable noodles with Cauliflower Tabbouleh salad & peanut sauce

Open Sandwiches

Cornish Brie £8.95 (V, GFO)

With wild pesto, sun-blushed tomatoes & Wild Rocket

Houmous & Roasted veg £7.95 (PB, GFO)

With Wild Rocket & Spicy Mayo

Sausage & Smoked Cheese £7.95 (PB, GFO)

Sausage, smoked cheese & red onion chutney

Coronation Chickpea £7.95 (PB, GFO)

With grated carrot, wild rocket & mango chutney