



Platters

House salad platter	19.50
Classic sandwich platter	17.50
Veggie sandwich platter (v)	17.50
Smoked salmon sandwich platter	17.50
Classic wrap platter	19.50
Veggie wrap platter	18.50
Fruit salad platter (v/vg)	16.50
Cake platter (v/vg)	15.00
Mini croissant platter (v/vg)	16.50
Mini bap platter	16.50
Bacon & eggs sandwich platter	16.50
Muffin platter (v/vg)	15.00

House Salads & Wraps

	med	lge	wrap
Veggie			
Falafel mexicana (v)	4.35	4.95	4.95
Greek (v)	4.70	5.40	5.40
Fish			
Asian tuna (n)	3.95	4.45	4.45
Spicy crayfish (n)	4.45	5.15	5.15
Meat			
Sesame chicken	3.95	4.85	4.85
Moroccan	3.95	4.65	4.65
Sweet chilli chicken	4.35	4.95	4.95
Chicken goujon	3.50	3.95	3.95
Chipotle	5.15	5.95	5.95
Caesar deluxe	4.75	5.50	5.50
Muscle Builder	5.30	6.25	6.25

Create Your Own Salad or Wrap

1. Choose your base

Medium 1.95 Large 2.50 Wrap 2.50

Cos lettuce	Mixed leaves
Noodles	Whole wheat cous cous
Brown rice	
Whole wheat wrap	

2. Choose your ingredients

Meat & main veg (1.10)

Chicken breast (farm assured), turkey, bacon, tuna, crayfish, lite tuna mayo, falafel (vg)

Deli (0.75)

Oven roasted tomatoes, roasted peppers, avocado, houmous, roasted squash, beetroot

Dairy (0.65)

Free range egg, mozzarella, cheddar, feta, parmesan

Fruit & veg (0.65)

Broccoli, jalapenos, black olives, sweetcorn, tomatoes, cucumber, fresh peppers, mushrooms, carrot, red onion, croutons, new potatoes, toasted cashews, bean sprouts, spring onion, mixed beans, coriander, pumpkin seeds, sultanas, tortilla chips, tomato salsa, wasabi peas, sesame sticks, green peas

3. Choose your dressing

Ranch/ soy & sesame/ low fat sweet chilli/ balsamic vinegar/ fat free honey lemon / olive oil/ balsamic vinaigrette/ basil vinaigrette/ low fat caesar/ lemon juice/ french/ honey dijon/low fat mayo

Smoothies

2.95

Made with fat free frozen yoghurt, soya milk or dairy free

All fruit smoothies contain 100% of your daily fruit*

Passionista (v)

Mango mango (v)

Berry punch (v)

Strawberry supreme (v)

Freshly Squeezed Juice

OJ (v/vg)

2.50

Supplements

Boost any juice or smoothie

Protein

1.00



Sandwiches & Bloomers

Deli chicken bloomer	2.45
Lite tuna mayo bloomer	2.35

Wraps

Chicken caesar wrap	3.50
Big protein wrap	3.35
Cheesy salad wrap (v)	3.55
Falafel & houmous salad wrap (v)	3.65
Sweet chilli chicken wrap	3.75
Chicken & avocado wrap	3.75
Sweet chilli chicken half wrap	1.95
Tuna mayo half wrap	1.65
Chicken caesar half wrap	1.95

See in store or online for our weekly specials

Soups & Stews

Please check our website for today's list of handmade soups and stews.

Veggie soup (v)	3.05
Free range meat soup	3.35
Veggie stew (v)	3.35 4.95
Free range meat stew *	3.95 4.95

* Meat stew prices may occasionally vary

Desserts

Big fat greek (v/n)	2.45
Mango & passion fruit (v)	1.95
Banana & custard (v/vg)	1.75
Honey & yoghurt (v)	1.25
Veg dippers (v/vg)	1.85
Pineapple chunks (v/vg)	2.00
Fruit pot (v/vg)	2.45

Snacks & Fruit

Apple (v/vg)	0.50
Banana (v/vg)	0.50
Eat natural bars (v/vg)	1.30
Nakd bars (v/vg)	1.50
Popcorn (v)	1.00
Green & Blacks milk chocolate (v)	1.00
Real crisps (v)	0.75
Cakes (v)	1.65
Chocolate brownie (v)	1.30
Yoghurt yummys (v)	1.70
Wasabi peanuts (v)	1.85
TIn crisps (v)	0.85
TIn chocolate bars (v)	0.85

Cold Drinks

Water: still or sparkling (v/vg)	0.95
Organic cranberry can (v/vg)	1.00
Organic lemonade can (v/vg)	1.00
Organic elderflower can (v/vg)	1.00
Diet coke (can) (v/vg)	1.00
Diet coke/coke (bottle) (v/vg)	1.40
This Water (v/vg)	1.85
Apple juice (v/vg)	1.55
Cranberry juice (v/vg)	1.90
Apple, carrot & ginger (v/vg)	1.85

Hot Drinks

Latte	1.80
Americano	1.50
Cappuccino	1.80
Espresso	1.10
Low fat hot chocolate	1.80
Tea	1.15
<i>(English Breakfast/Earl Grey)</i>	
Green tea	1.15
Peppermint tea	1.15

Please note that products are prepared in a kitchen where nuts are handled. Items on platters may come into contact with other items. If in doubt please speak to the manager.

v = vegetarian
 vg = vegan
 wf = wheat free
 n = contains nuts

