

TODAY'S SPECIALS

Jerk Chicken

Boneless chicken thighs marinated in Jerk seasoning, served with salad garnish, coleslaw, rice and peas

£11.95/£12.95

Basil Chicken Salad Bowl

Mixed leaves with red onion, cherry tomato, cucumber, edamame beans, julienne carrot, beetroot with basil chicken, drizzled with pomegranate molasses

£9.95/10.95

SOUP OF THE DAY

(V) Chunky Vegetable Soup

Served with petit pain and butter (optional)

£4.95/5.95

JACKET POTATOES

Served with a salad garnish

(V) Cheddar Cheese £3.5/£4.5

(VE) Baked Beans £3.5/£4.5

(V) Baked Beans & Cheddar Cheese £4.6/£5.6

Bacon & Cheddar Cheese £4.6/£5.6

Chilli Con Carne & Sour Cream £5.3/£6.3

Chilli Con Carne & Cheddar Cheese £6.4/£7.4

Tuna & Mayo £5.0/£6.0

Tuna, Mayo & Cheese £6.1/£7.1

-ALLERGY ADVICE

IF YOU ARE ALLERGIC TO A FOOD ITEM & ARE IN ANY DOUBT, PLEASE ASK FOR OUR ALLERGY INFORMATION SHEET OR ASK TO SPEAK TO OUR CHEF

-DIETARY NOTES

(V) SUITABLE FOR VEGETARIAN DIETS (VE) SUITABLE FOR VEGAN DIET
MAY CONTAIN FISH, CRUSTACEAN, GLUTEN, WHEAT, EGG, CELERY, SESAME, MILK, MUSTARD, LUPIN, MOLLUSC, NUTS, PEANUTS, SOYA AND SULPHATES

LUNCH MENU

Thursday 16th April

Available daily from 12:00-15:00

Full member price/Basic price

BREAD BOUTIQUE

Freshly made sandwiches served with salad garnish

(V) Sweet Potato Falafel in a Beetroot & Chia Wrap

Sweet potato falafel, hummus, lettuce, julienne carrot in a beetroot and chia tortilla wrap

£5.95/£6.95

Tuna Mayo & Cheddar Cheese Ciabatta

£5.95/£6.95

Chicken & Chorizo Wrap

Chicken and chorizo with tomato salsa, red onion and cheddar in a toasted tortilla wrap

£5.95/£6.95

Add Small Curly Fries for £1.95

9" PIZZA

Drizzled with either Olive or Chilli Oil

American Hot

Pepperoni, jalapenos, red onion, mozzarella & cheddar, tomato passata and oregano

£9.95/£10.95

Pollo Ad Astra

Cajun chicken, red onion, mixed peppers, mozzarella & cheddar, tomato passata and oregano

£9.95/£10.95

(V) Funghi

Mushrooms, olives, mozzarella & cheddar, passata and oregano

£9.95/£10.95

(V) Margherita

Mozzarella & cheddar, passata and oregano

£8.95/£9.95

SIDES

(VE) Side Salad £2.00/£3.00

(VE) Curly Fries £3.75/£4.75