

## TOASTED OPEN SANDWICHES

Welsh Rarebit [GF] [V]	£5.50
<i>Welsh rarebit on caramelised onion, bread served with roasted tomato</i>	
Tarragon Chicken & Mushroom with Taleggio	£6.50
<i>Sautéed mushrooms, pulled chicken, herb salad, tarragon dressing</i>	
Tuna Melt	£5.50
<i>Line caught tuna in olive oil, melted barbers cheddar on toasted campaillou malted bread with salad garnish</i>	

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## TOASTED CIABATTA

Mozzarella, Tomato, Rocket & Pesto [V]	£6.50
Balsamic Broccoli, Roasted Peppers, Tapenade with Onion & Mozzarella [V]	£6.50
Garlic Mushroom, Caramelised Onion & Swiss Cheese [V]	£6.50
Honey Glazed Ham, Pickle & Cheddar Cheese	£6.50
Smokey Bacon, Brie & Cranberry Chutney	£6.50
Roast Turkey & Chicken Sausage with Cheddar Cheese & Mustard Mayonnaise	£6.50
Tuna Melt	£6.50

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## SAVOURY TARTS

Mushroom & Red Onion Gruyere Tart with Thyme & Tarragon [V]	£3.95
<i>Individual mushroom, red onion, thyme, tarragon gruyere cheese</i>	
Super Green Tart with Oven Dried Tomato [V]	£3.95
<i>Individual broccoli, spinach, kale, leek, courgette, parsley, basil, chives, tomato, asparagus</i>	
Leek & Goats Cheese Tart Fine with Walnut Garlic Crumb [V] [N]	£3.95
<i>Buttered leeks, goats cheese, toasted walnut, garlic, parsley</i>	
Sweet Potato with Crème Fraiche & Toasted Pumpkin Seeds Tart Fine [V]	£3.95
<i>Individual sweet potato, crème fraiche, red chilli, parsley, garlic oil</i>	

## SALADS Mix and match to create your own sharing plate

Medium	£6.50	Large	£9.00
Organic Green Salad with Lemon Dressing [GF] [VE]			
<i>Kale, sugar snaps, mange tout, garden peas, courgette, cucumber, spring onions, pea shoots, lemon dressing</i>			
Organic California Quinoa Salad [GF] [VE]			
<i>Mix quinoa grain, mango, lime, pomegranate, spring onion, edamame bean, fennel, coriander, red chilli, mixed sprouts, avocado oil and orange dressing</i>			

### Roasted Butternut Squash & Chickpea Salad with Feta [GF] [V]

*Roasted butternut squash, chickpea, maize couscous, pumpkin Seeds, toasted pine nuts, baby spinach, lamb' lettuce, feta cheese*

### Tenderstem Broccoli with Pearl Barley & Za'atar [V]

*Tenderstem Broccoli, Pearl barley, za'atar, lemon, red chilli, parsley, roasted red onion and shallot, kale, baby spinach, semi dried tomato, cherry tomato, tahini dressing*

### Lola's Chicken Caesar Salad

*Chicken, lettuce, parmesan shaving, organic egg, garlic crouton*

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## HOT DISHES

Parmigiana with Pesto Toast [V]	£6.50
<i>Fried Aubergine, tomato sauce, mozzarella, parmesan and basil baked in the oven served with pesto toast</i>	
Tagliatelle with Lemon & Rocket [V]	£6.50
<i>Tagliatelle, crème fraiche, lemon, rocket</i>	
Roasted butternut squash with Pistachio & Coriander, Feta & Pomegranate [V][GF]	£6.50
<i>Roasted butternut squash, pistachio &amp; coriander, feta cheese, chilli, pomegranate arils</i>	
Piedmont Roasted Peppers	£6.50
<i>Roasted romano peppers with cherry tomatoes, garlic, olive oil, finished with anchovy &amp; basil. Served with warm crushed white bean on lemon &amp; thyme butter toasted bread</i>	

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## SOUP OF THE DAY

£4.50

Served with organic bread

*Please ask a member of staff for details*

Available from 11:30am - 8pm

[GF] Gluten Free - [VE] Vegan - [V] Vegetarian - [N] Contains Nuts - [DF] Dairy Free - [FRS] Refined Sugar Free

At busy times we apologise that we may not be able to alter or adjust our dishes .