



SAMPLE MENU  
PRICES & AVAILABILITY WILL DIFFER,  
DEPENDING ON LOCATION

## BREAKFAST

Bacon Bap	£4.50	Porridge with Whole or Almond Milk	£3.50
Sausage Bap	£4.50	Toppings: Banana, Honey & Almond	
Bacon & Sausage Bap	£5.50	Spiced Apple, sultanas & walnuts	
Vegetarian Bean Pot	£3.75	Berry Compote, blueberries & Almonds	
Sausage & Bean Pot	£3.75	Granola Pot	£4.50
		Mango & Chia Seed Pot	£2.50

## LUNCH

### Soup

Vegetarian Soup	£4.00 / £4.50
Meat Soup	£4.00 / £4.50

### Stews and Bakes – Rotated Daily

Jerk Pork, Sweet Roast Potatoes	£6.50
Spiced Chickpea & panner Stew	£6.50
Baked Cauliflower Stew	£6.50
Venison Cottage Pie	£6.50
Fish Pie, Salmon & Smoked Cod	£6.50
Jerk Pork with rice	£6.50
Lamb Tagine with bulgar wheat	£6.50
Duck Cassoulet	£6.50

### Selection of Salads

Halloumi Salad	Side £3.50 / large £6.00
Marinated Kale	Side £3.50 / large £6.00
Curried lentil Salad	Side £3.50 / large £6.00
Carrot Salad	Side £3.50 / large £6.00
Nicks Chorizo & Red pepper Tortilla	£4.50
Nicks Spinach & Ricotta quiches	£4.75
Wolf Evans Scotch Eggs	£3.50
Wolf Evans Black Pudding Scotch Egg	£3.50
Selection of Toms Pies	£4.75
Avocado & Egg	£3.50
Ras el hanout roasted chicken	£5.50
Freshly made sandwiches	Fr. £7.00

