

SOURCED

MARKET

BY DAY

Hot Dishes.

Today's Soup	4.50
Vegan Thai Green Curry vg with green beans & tofu. Served with rice	7.00
Sumac Chicken & Olive Casserole with roasted peppers. Served with rice	7.50

Salads.

Small (choice of two)	Large (choice of four)
2.50	6.00

Roast Potato, Pesto & Fennel vg	
Blackened Carrot & Spiced Lentil vg	
Raw Green vg	
Roast Broccoli, Soy & Sesame vg	
Quinoa & Grilled Courgette vg	
odd seeds (pumpkin, sesame, poppy & sunflower) vg	0.50
odd feta v	1.50
odd hot smoked salmon	2.00

Pastries & Pies.

Scotch Eggs & Sausage Rolls	3.50
Vegetarian Rolls v	3.75
Cornish Pasty	3.75
Filo Slices v	4.25
Pork Pies	4.25
Quiches & Pies	4.50
Vegetarian Quiches & Pies v	4.50
Tortillas v	4.50

Daily Specials.

Mon Carrot, Lentil & Okra Stew vg with cous cous	7.00
Tue Hot & Fragrant Lamb Curry with rice	7.50
Wed Wild Mushroom Lasagne v	7.50
Thu Spiced Beef & Beetroot Tagine with rice	7.50
Fri Toulouse Sausage Cassoulet with sourdough toast	7.50

Sandwiches & Toasties.

Ham & Mustard Baguette with corned beef	5.00
Chicken & Chorizo Wrap in a khobez wrap	5.10
Feta & Hummus Wrap v with tomato in a khobez wrap	5.40
Miso Mushroom & Cucumber Ciabatta vg with carrot, mooz & vegan sriracha mayo	5.40
Avocado & Feta Ciabatta v with veg & hummus	5.75
Parma Ham Ciabatta with basil pesto	6.00
Jerk Chicken Ciabatta with pickled veg & pineapple salsa	6.00
Three Cheese Toastie v cheddar, rackete & Gruyere on sourdough	5.75
Kimchi Toastie with three cheese mix on sourdough	6.00
Ham Toastie with three cheese mix, dijonnaise on sourdough	6.50
Coppa Toastie with three cheese mix & jalapeno on sourdough	7.00

Prices correct at time of print and may be subject to change without notice
Please order at the counter and inform us of any allergies or intolerances
Ask our team for take-away prices of our products 07/19