

## LUNCH

### Soups & Light Bites

**Soup of the Day** £7.90  
Served with bread & butter.

**Goats' Cheese** £9  
Coated with walnut & breadcrumbs, deep-fried, roasted red onions & walnuts, balsamic reduction, honey.

**Calamari** £10  
Crispy salad, tartare sauce.

**Falafel (Vegan)** £12.90  
With hummus, salad, herbs & stone-baked pide.

**Tombik Lamb Kofta** £13.50  
Char-grilled lamb kofta in stone-baked round pide bread with tzatziki, homemade chilli relish, tomato, red onions, parsley & sumac salad, served with rosemary chips.

**Caponata (Vegan)** £13.90  
With sautéed aubergines, onions, peppers, tomatoes, capers & olives in agrodolce pomodoro sauce, served with toasted bread.

**Pie of the Day** £14.90  
Served with creamy mash potato & steamed broccoli.

**Lamb Kofta** £16.50  
With rice, salad, homemade chilli relish.

**Meze Platter** £17.50  
Falafel, hummus, quinoa tabbouleh, roasted beetroot & red onions, calamari, spinach & feta filo parcels, halloumi.

## DINNER

### Main Courses

**Roasted Beetroot Salad** £14.90  
With roasted red onions, toasted walnuts, crumbled goats' cheese, grapes, pomegranate seeds, crunchy salad leaves of red & white chicory, Romaine lettuce, extra virgin olive oil, aceto balsamico di Modena IGP.

**Lasagne** £15.50  
Served with salad.

**Shepherd's Pie** £15.90  
Traditional with egg yolks, pancetta, pecorino & parmesan cheeses, black pepper.

**Carbonara Pasta** £15.90  
Crispy salad, tartare sauce.

**Char-grilled Chicken Salad with Quinoa & Avocado** £15.90  
Red bell peppers, baby spinach, lime, red onions, cumin, turmeric, smoked paprika, extra virgin olive oil & honey.

*Add baked goats' cheese for £3*

**The Big Cheese Burger** £16.50  
8 oz homemade prime beef patty with American cheese, lettuce, tomato, burger relish, TAG sauce, caramelised red onions & gherkin, served with rosemary chips.

**Crunchy Chicken Burger** £16.50  
Schnitzel-style chicken breast in breadcrumbs with rosemary, piquant pomodoro sauce, mozzarella, baby gem, rosemary chips.

**Fresh Pasta Bolognese** £16.90

**Pan-fried Chicken Breast** £21.90  
Served on wholegrain mustard mash, pesto cream sauce and steamed broccoli.

**Char-grilled Salmon Fillet** £22.50  
With fresh vegetables and Désirée new potatoes.

**Protein Salad with Chargrilled Salmon Fillet** £22.50  
Avocados, cherry tomatoes, red & white chicory, Romaine lettuce, cucumbers, chickpeas, quinoa, omega seeds, extra virgin olive oil, lime, dill dressing.

**Fillet of Lamb** £24.90  
Grilled tenderised lamb fillet with oven-roasted Mediterranean vegetables, roast potatoes and rosemary jus.

## KIDS MENU

**Berry Pancake** £8  
Crème fraîche, berry compote.

**Macaroni & Chees** £8.50  
With steamed broccoli.

**Potato & Cheese Omelette** £8.50  
Chips, tomato & cucumber.

**Breaded Chicken Breast Fillets** £9  
Chips, tomato & cucumber.

**Fish Fingers** £9  
Chips, steamed broccoli.

**Kids Fish & Chips** £9.50  
With mushy peas.

## DRINKS

### Super Smoothies

**Matcha Powder** £6  
Pineapple, spinach, banana, apple, matcha powder.

**Super Green** £6  
Spinach, avocado, apple, lime, basil, spirulina.

**Passion Storm** £6  
Passion fruit, papaya, pineapple, peach, guava, aloe vera.

**Acai Kick** £6  
Acai, blueberries, strawberries, mango.

### Classic Smoothies

**Strawberry Delight** £6  
Strawberries, peach, papaya.

**Berry Burst** £6  
Blackberries, blackcurrants, blueberries, banana.

**Raspberry Heaven** £6  
Raspberries, blueberries, mango, apple.

**Pineapple Sunset** £6  
Pineapple, papaya, mango.

### Fresh Juices

**Orange** £5.50  
**Grapefruit** £5.50

**Apple** £5.50  
**Apple, Ginger & Turmeric** £6

**Orange, Apple & Carrot** £6  
**Orange, Carrot, Beetroot & Ginger** £6

### Soft Drinks

**Coke / Diet Coke / Coke Zero** £3.50

**Cranberry / Pineapple** £3.50

**San Pellegrino Limonata** £3.50

**Aranciata / Rossa**

**Lemon Presse** £4

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**Pomegranate 100%** £4

**Lemonade (Still)** £4

**Mineral Water** £3

**(Still / Sparkling, 33cl)**

**Mineral Water** £4

**(Still / Sparkling, 33cl)**

## DRINKS

### Coffees by Allpress

**Espresso** £3

**Americano / Long Black** £3.20

**Macchiato / Cortado** £3.20

**Flat White / Latte / Cappuccino** £3.50

**Flavoured Latte** £4

**(Caramel / Vanilla / Hazelnut)**

**Turmeric / Chai / Matcha Latte** £4

**Mocha / Hot Chocolate** £4

**Iced Coffee** £4

**Vanilla Frappe** £4.50

**Extra Shot** £0.50

**Dairy Alternative (Oat / Soya / Almond / Coconut)** £0.50

### Loose Tea

**Assam Breakfast** £3.70

**Earl Grey Blue Flower** £3.70

**Chamomile** £3.70

**Lemongrass & Ginger** £3.70

**Peppermint** £3.70

**Red Berry** £3.70

**Green Tea** £3.70

**Spiced Citrus** £3.70

**Rooibos (Red Bush)** £3.70

**Apple Loves Mint** £3.70

**Jasmine Pearls** £4

### Beers

**Alcohol-Free** £5

**Peroni** £5.50

**Efes Draft** £6

**Brewdog** £6

### Wine (175ml)

**Red** £7

**White** £7

**Prosecco (125ml)** £7

**Rosé** £7.50

**Bellini** £8.50

### Cocktails

**Mimosa** £8.50

**Bloody Mary** £9.50

**Mojito** £10.50

**Aperol** £10.50

**Espresso Martini** £11.50

**Pornstar Martini** £11.50