



DINE IN | TAKEAWAY

LIGHT BITES

HOT FLATBREADS £4.25

- SERVED WARM WITH
DRESSED SLAW & CHUTNEY
- CHARGRILLED CHICKEN & BACON
- BBQ PULLED PORK
 - CHARGRILLED HALLOUMI WITH
CAPER & CITRUS DRESSING
 - HOUMOUS, BELL PEPPERS,
CHOPPED MIXED OLIVES & CAPERS

WHITE CIABATTA £3.25

- CHARGRILLED CHICKEN, BACON,
LETTUCE & MAYONNAISE
- PASTRAMI, RED ONION, GHERKINS
& MUSTARD MAYONNAISE
- TUNA, RED ONION, LETTUCE &
LEMON MAYONNAISE
- CHEDDAR CHEESE, TOMATO
& CHUTNEY

HOMEMADE SOUP £3.25

SERVED WITH
FRESH BREAD ROLLS
PLEASE SEE MENU BOARD
FOR TODAY'S OPTION

DELI SANDWICHES

CHIA & PUMPKIN SEED £3.25

- PAPRIKA CHICKEN, RED ONION,
LETTUCE & PESTO MAYONNAISE
- BACON, LETTUCE, TOMATO
& MAYONNAISE
- FETA, OLIVES, TOMATO, LETTUCE
& LEMON MAYONNAISE

PANINIS £4.25

- SERVED WITH
SALAD GARNISH
- PROSCIUTTO HAM, MOZZARELLA,
ROAST PEPPERS & BASIL OIL
 - MEDITERRANEAN VEGETABLES,
MOZZARELLA & BASIL OIL
 - HOUMOUS, BELL PEPPERS,
CHOPPED MIXED OLIVES & CAPERS

SEEDED PROTEIN ROLL £3.25

- PROSCIUTTO HAM, LETTUCE,
CHEDDAR & CHUTNEY
- MOZZARELLA, BASIL, TOMATO
& PESTO MAYONNAISE
- SALMON, CUCUMBER
& SOFT CHEESE
- HOUMOUS, BELL PEPPERS
& LETTUCE

NOODLES

BUILD YOUR OWN, PICK A NOODLE, FILLING & SAUCE FROM THE OPTIONS BELOW £5.50

NOODLES

- EGG
- TRADITIONAL NOODLE
- UDON
- THICK JAPANESE STYLE (VEGAN)
- VERMICELLI
- RICE NOODLE (VEGAN)

FILLING

- CHICKEN
- BEEF STEAK
- CHUNKY VEGETABLE

SAUCE

- HOT & SWEET
- SWEET & SPICY (VEGAN)
- TERIYAKI
- JAPANESE SOY SAUCE WITH HONEY
- LAKSA
- SINGAPORE MILD CURRY (VEGAN)

SUPERSALADS

A TRIO OF SUPER SALADS WITH PROTEIN SERVING £5.50

- MOROCCAN SPICED GIANT COUS COUS
- RED & WILD RICE WITH GREEN VEGETABLES
- MIXED QUINOA & ROASTED VEGETABLES

CHOOSE PROTEIN

- SMOKED SALMON
- CHARGRILLED CHICKEN & BACON
- FETA & MIXED OLIVES

CHOOSE DRESSING

- HONEY MUSTARD
- FRENCH
- CITRUS CAPER
- BALSAMIC VINEGAR

HIRATA

KOREAN STYLE BBQ STEAMED BUNS £4.50

ALL SERVED WITH STIRFRIED VEGETABLES

- PULLED PORK
- CHICKEN STRIPS
- BEEF STRIPS
- SHIITAKE MUSHROOMS (VEGAN)

PIZZA

11 INCH STONE BAKED PIZZAS WITH OUR OWN TOMATO SAUCE £5.50

- MARGHERITA TOMATO, FRESH BASIL & MOZZARELLA
- ITALIAN MEAT SALAMI, MORTADELLA, PASTRAMI,
PROSCIUTTO HAM, OLIVES & CAPERS
- PIRI PIRI CHICKEN SPICY CHICKEN & BELL PEPPERS
- MEDITERRANEAN BELL PEPPERS, AUBERGINE,
COURGETTE & RED ONION

PLEASE SEE THE MENU BOARD FOR OUR DAILY SPECIALS

We can offer accurate information on ingredients, however due to the open plan nature of our kitchens, we are unable to guarantee that dishes are "free from" allergens. If you have any dietary requirements, please inform a member of staff before ordering.