

LUNCH - ON BREAD

SAMBOS ON CIABATTA,
BROWN TREACLE BREAD OR
COELIAC FRIENDLY BREAD

THE B.O.L.T.

Collerans Streaky Bacon,
Red Onions, Leaves, Fresh Tomato
w/ Spicy Mayo on Crusty Ciabatta

8.70

HOLA!! CUBAN HAM & CHEESE SAMBO

Honey & Mustard Roast Ham,
Pickled Onion, Melted Emmental
Cheese, Mustard Mayo, Baby
Leaves on Ciabatta

8.70

WRAP IT

PROTEIN PUNCH CHICKEN WRAP

Poached chicken, Basil Mayo,
Roasted Red Peppers, Grated
Carrot, Baby Leaves

8.50

NOM NOM VEGGIE WRAP (V & CFO)**

Herby Hummus, Dukkah Spiced
Seed Mix, Grated Carrot, Fresh
Tomato, Shaved Red Onion,
Baby Leaves

8.25

All of the above served
w/ baby leaves & house slaw

ADD A CUP OF SOUP 2

ADD HALF PORTION WEDGES 2

(CF) Coeliac Friendly
(CFO) Coeliac Friendly Option
(V) Vegetarian

**Contains nuts and/or seeds

PLEASE ADVISE YOUR SERVER
OF ANY ALLERGIES

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THE KITCHEN

C A F É

GET FRESH

YEEHAW CHICKEN RANCH SALAD (CF)

11.50

Buttermilk brined chicken strips, smokey chorizo, turmeric rice,
grated carrot, baby leaves, house pickles, zingy ranch dressing

EVERYTHING BUT THE KITCHEN SINK (V & CFO)**

9.50

A taste of whatever's going- Hummus, Salad, Slaw,
Lovely Veggies & our own Brown Bread

GOOD GRAIN SUPER SALAD (CF & V)**

9

Avjar (aubergine & red pepper relish), buckwheat, nutty quinoa,
grated carrot, cabbage, baby leaves, cumin & paprika seed crisp

YOU CAN ADD:

Chicken 2.50, Ham/Crispy Tofu 2, Halloumi Cheese 3

Brown Treacle Bread 1

HOT STUFF!

THE DHAL OF THE DAY! (CF & V)

9.25

Changes daily-check our specials menu available from 12.30pm
Get a healthy kick from our fresh & tasty Indian Veggie Curry.

MIDDLE EASTERN MEZZE (CFO)**

11.75

Lamb Koftas, Courgette & Sweet Potato Fritters, Hummus, Avjar,
Dukkah, Baby Leaves, House Slaw & Warmed Pitta Bread

VEGGIE MEZZE (V & CFO)**

10.95

Courgette & Sweet Potato Fritters, Spicy Wedges, Hummus, Avjar,
Dukkah, Baby Leaves, House Slaw & Warmed Pitta Bread

SOUPS UP

HOT HOMEMADE SOUP - (ALWAYS VEGAN & COELIAC FRIENDLY)

WITH:

Our own Treacle Bread 4.50 OR Savoury Scone 5.50

ADD:

Half Portion of Wedges 2, Small Salad 2.50

A BIT ON THE SIDE

SPICY WEDGES & HOUSE MAYO 3.50 SLICE OF BROWN BREAD 1

FRESH SIDE SALAD 3.50 SLICE OF CIABATTA BREAD 1

HOUSE SLAW 2 2xSLICES COELIAC FRIENDLY BREAD 1.50

BREAD, OLIVE OIL & DUKKAH 3.50 RAMEKIN OF HUMMUS 1.50

SELECTION OF HUMMUS & BREADS 3.50 HOMEMADE JAM 50¢

2x BROWN BREAD, BUTTER
& HOMEMADE JAM 2.50