Soup of the day served with bread and butter 4.80

Toasted sandwiches

New Yorker 6.00
British turkey breast, crispy bacon, Gruyere, tomato, iceberg and Dijon mayonnaise in caraway stone-baked ciabatta

Tuscan 6.00
British chargrilled chicken, slow-roasted tomatoes, spinach and basil in stone-baked white ciabatta bread

Aubergine parmigiana (V) 5.85
Grilled aubergine, slow-roasted tomatoes, basil, Grana Padano, spinach with tomato, olive and caper mayo in ciabatta

Wraps

Curried chicken 4.90
Curried chicken, spinach, cucumber, red grapes, dried cranberries with light lemon mayonnaise in a spinach wrap

Harissa hummus and grilled vegetable 4.80
Aubergine tapenade, harissa hummus, spinach, grilled carrots, onions and peppers, cucumber, omega mix and lemon in a spinach wrap

Bloomers

Hot smoked salmon and avocado 4.30
Hot smoked salmon, avocado, capers, rocket, horseradish mayo on wheat and rye bloomer

Egg mayo, tomato and herb rye bloomer 3.80
Free range egg mayonnaise, tomato, chives, spinach and wholegrain mustard mayonnaise on herbed rye bloomer

Baguettes

Ham and Emmental 4.70
Wiltshire ham, Emmental, Dijon mayo on sourdough baguette

West Country Cheddar and spiced apple chutney (V) 4.70
West Country Cheddar, tomato, spiced apple chutney and British butter on multigrain baguette

Homemade quiche served with salads 5.75

Hot smoked salmon, pea and watercress

Pulled British chicken, cured smoked bacon and Cheddar cheese

Roasted red pepper, courgette, aubergine and goat's cheese

Salads and cold platters

Vitality bowl (VG) 6.50
Salanova, mixed leaves, spinach, quinoa, and lentil mix, edamame, pomegranate, roasted butternut, Piquillo pepper, hummus, broccoli, shredded beetroot, avocado, beetroot falafel, omega sprinkle, lemon & basil oil dressing

Italian chicken caprese salad 6.70
Pulled roasted balsamic chicken, grilled artichokes, Salanova, mixed leaves, cucumber, courgette, rocket, tomato, pesto, Mozzarella, coquille olives, basil, toasted pine nuts, sweet balsamic dressing

Daily Specials

Please speak to a member of our team

Hot drinks

Americano	2.65
Cappuccino / Latte / Flat white	2.90
Mocha / Hot chocolate	2.90
Espresso single / double	2.00 / 2.45
Macchiato single / double	2.20 / 2.65
Tea	2.65

English breakfast, Earl Grey, Chamomile, Mango and strawberry, Lemon and ginger, Rooibos and orange, Oriental sencha, Peppermint

Cold Drinks

Life still / sparkling water 330ml	2.15
Apple or orange juice	2.95
Elderflower presse	2.70
Fentimans Ginger Beer, Rose lemonade, Victorian lemonade	3.35
Coke / Diet coke 330ml	2.70 / 2.50

Beers

Camden Hells Lager, England 330ml 4.6% ABV	£4.50
Goose Island IPA, USA 330ml 5.9% ABV	£4.50
Stella Artois, Belgium 330ml 4.8% ABV	£4.50
Orchard Pig Reveller Cider, England 500ml 6% ABV	£4.95

Prosecco

	Bottle 200ml
NV Prosecco Spumante Extra Dry DOC, Ca'di Alte, Veneto, Italy	6.75

White Wine

	Glass 175ml	Carafe 500ml	Bottle 750ml
Pinot Grigio	6.30	18.00	23.40
Picpoul de Pinet	6.75	18.90	25.20
Sauvignon Blanc	7.10	21.60	28.80

Rosé Wine

Monastrell Rosado	4.95	14.40	18.90
Pinot Grigio Rosato	6.75	18.00	23.40

Red Wines

Merlot	5.40	15.75	20.70
Cabernet Sauvignon	5.75	16.65	23.85
Montepulciano D'Abruzzo	6.30	17.10	22.95

Wines available by the 125ml glass