

## HANDMADE SANDWICHES

Italian chicken salad	£2.50
Plain chicken salad	£2.50
Chicken and pesto with rocket and tomato	£2.50
Feta cheese, olives and sun blushed tomatoes (v)	£2.50
Houmous and garden salad (v)	£2.50
Crayfish with watercress, crème fraiche and black pepper	£2.50
Tuna and black pepper	£2.50

## HANDMADE CIABATTA PANINIS

Chargrilled vegetable, spinach and Emmental cheese (v)	£2.80
Pastrami, mustard, rocket, spinach and cheese	£2.80

## HOT FOOD

Jacket potato (v)	£2.50
Sweet potato (v)	£2.80

Choice of Fillings: <b>Chicken -Chicken and Pesto - Italian chicken - Chicken mayonnaise - Houmous (v) - Beans (v) - Ham - Tuna in light mayonnaise and black pepper</b>	
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Homemade soup of the day	£2.00
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## HOMEMADE SALADS

Quinoa and couscous salad with roasted Mediterranean vegetables (v)	£2.20
Thai rice noodle salad with chilli and ginger (v)	£2.00
Classic garden salad (v)	£2.00
Greek salad (v)	£2.00
Beetroot, apple and watercress salad (v)	£2.20
Bacon, chestnut mushroom and watercress pasta salad and egg	£2.20
Green pesto with roasted vegetables (v)	£2.00

### Additional fillings

Chicken	£1.00
Pan-fried salmon	£1.80
Crayfish	£1.50
Ham	£1.00
Tuna in light mayonnaise and black pepper	£1.00
Classic potato salad (v)	£1.00
Yoghurt and basil potato salad (v)	£1.00

## SNACKS

Fresh fruit (v)	£1.10
Sushi – tuna and vegetable	£2.70
Pop chips (v)	£1.00
Propercorn (v)	£1.00
Frozen yogurt (v)	£2.00
Lentil chips – chilli and lemon (v)	£1.00
Quinoa chips – sour cream and chive (v)	£1.00
Houmous chips – sea salt (v)	£1.00
Grab and go olives and feta cheese (v)	£1.50
Grab and go sun blushed tomatoes and olives (v)	£1.50

## HOT DRINKS

Tea Fusion (v)		£1.40
Latte (v)	small £1.40	large £1.80
Cappuccino (v)	small £1.40	large £1.80
Americano (v)	small £1.25	large £1.60
Hot chocolate (v)		£1.80

## COLD DRINKS

Heartsease – various flavours (v)	£1.50
Harrogate spring water – still or sparkling (v)	£0.70
Coke / Diet Coke (v)	£1.20
San Pelligrino (v)	£1.50
Freshly squeezed orange juice (v)	£1.80
Freshly prepared juice of the day (v)	£1.50