

Lunch Menu

Sandwiches (all sandwiches can be made on bread, wraps, panini's or muffins)

Tuna crunch.....£2.50
(tuna mayo, lettuce, diced pepper and cucumber)

Ham salad.....£2.50
(ham, tomato, cucumber, lettuce, mayo)

Chicken salad.....£2.50
(chicken, tomato, cucumber, lettuce, mayo)

Halloumi sandwich.....£3.50
(grilled halloumi with garlic mayo , lettuce, caramelized onions)

Chicken club.....£3.00
(chicken bacon and lettuce wedged in between three pieces of bread)

Meatball sub.....£3.50
(meatballs in home made tomato sauce smothered with cheese on a bed of lettuce)

Burgers (all served with salad and fries)

Double cheese burger.....£5.00

Chicken burger.....£5.00

Bacon cheese burger.....£4.50

Dorito chicken burger.....£5.50

Halloumi burger.....£5.50

Single cheese burger.....£4.00

Salads (all bases are either rocket with lettuce/spinach diced tomatoes and cucumber.)

Chicken bacon avocado.....£4.50
(finished with a handmade lemon dressing)

Cous Cous salad.....£4.00
(finished with pesto and olives feta and sundried tomatoes)

Gym box-chicken.....£4.50
(brown rice, diced roasted sweet potatoes, broccoli, pesto and pumpkin seed)

Herby chicken-pesto.....£4.00
(herbed chicken, butternut peices, broccoli and pumpkin seeds.
lemon mustard dressing)

Halloumi salad- fried halloumi.....£4.50
(with bulgar wheat, pomegranate seeds, sliced peppers,
sliced red onion. lemon dressing)

Pork salad - diced pork.....£4.50
(with sliced apple, sliced onion, celery, honey lemon dressing)

Chicken harrisa salad.....£4.50
(harrisa chicken - broccoli, peas, and raddish - goats cheese)