



SAMPLE LUNCH MENU

Our lunch menu is seasonal and subject to change

SOUPS

- ❖ Soup of the day
Vegetable based soup made with seasonal ingredients

SALADS

- ❖ Kale, Avocado and quinoa salad
Feta, cucumber, toasted almonds and dried cranberries with a honey and apple cider vinegar dressing
- ❖ Mixed leaf salad
Served with a honey mustard dressing
- ❖ Beetroot and orange salad
Walnuts, mint served with a spiced dressing
- ❖ Maple pear and rocket salad
Red onion, walnuts and a ginger dressing

SAVOURY DISH

- ❖ Goat's cheese and spinach quiche
Tomatoes, onion and mixed herbs
- ❖ Roasted aubergine with spiced chickpeas
Baby leaf spinach, spices, served with a lemony tahini sauce
- ❖ Frittata
Feta, potato and roasted peppers

Please always inform us beforehand of any allergies or dietary requirements that you may have, as not all ingredients can be listed. We cannot guarantee the total absence of allergens in our dishes.