

£15 SPEEDY LUNCH

2 COURSES SELECT ONE NIBBLE AND ONE MAIN AVAILABLE 12.30PM - 2.30PM MONDAY - FRIDAY

NIBBLES

Red pepper & goats cheese arancini

Crispy teriyaki pork belly

Honey & mustard chipolatas

Grilled halloumi with zhug dressing

gf v

Homemade foccacia, extra virgin olive oil & balsamic vinegar

V

MAIN

Mediterranean Salad

f v

Roasted and marinated courgettes, peppers, tomatoes and artichokes with crumbled feta, toasted seeds and zhug

Nourish Bowl

gfvg

Avocado, mango, shredded carrot, edamame, wakame, beetroot, quinoa, zingy lime and chilli dressing

Meatball Taglioni

San Manzarno tomato sauce, parmesan & pangritata

Puttanesca Rigatoni

V

San Manzarno tomato sauce with chilli, capers & olives

Chicken Caesar Salad

Baby gem, pancetta, parmesan, sourdough croutons and caesar dressing

Romesco Chicken Salad

gf

Slow roasted red and yellow peppers, heritage tomatoes, toasted almonds, rocket, parmesan, balsamic & olive oil

Fish Finger Butty

Gherkins, lettuce, homemade tartar sauce, toasted sourdough and chips

NO SUBSTITUTUIONS STARTERS, DESSERTS & SIDE DISHES ARE EXCLUDED