SMALL PLATES& SHARERS

HOMEMADE SOUP VG

Flavour changes during the day! Yup. Fresh. Served with rye toast £3.49
(gluten free bread available)
Various allergens, please speak to a staff member

GOODIES PLATTER V

perfect to share as a starter

falafel, hummus, roasted pepper dip, olives in our mix of herbs and olive oil, grilled hallumi, served with rye toast £7.49
(gluten free bread available)
Allergens gluten, sesame seed, dairy, nuts

SALMON CAKES

salmon, potato, spring onion & chillies coated in cornflakes for that extra crunch £4.49 *served with tartar sauce*
allergens: gluten, fish, egg

GRILLED HALLUMI

grilled hallumi served with house salad £3.49
Allergens: dairy

FALAFEL V (*VG)

*homemade falafel with salad and choice of dips: tahini yogurt or *our roasted pepper dip* £3.49
Allergens: dairy (tahini dip), nuts (roasted p. dip)

HOT SALADS

CURRIED POTATO

curried potatoes, chickpea, spinach £6.95
with choice of:
beef- grilled chicken -hallumi V
Allergens: dairy (hallumi)

SWEET POTATO & KALE

sweet potato, kale, green beans, onion £6.95
with choice of:
beef- grilled chicken - hallumi V
Allergens: dairy (hallumi)

COUS COUS & LENTIL

couscous, lentils,roasted peppers, rocket, feta £6.95
with choice of:
grilled chicken- beef- hallumi
Allergens: dairy, gluten

SALADS

ORANGE AND GOAT CHEESE SALAD V

rocket, spinach, carrot shavings, orange segments and goat cheese with homemade vinaigrette on a side £4.95
Allergens: dairy

MAINS

ARABIAN STEW V (*VG)

our filling, healthy, tasty stew with chickpeas and seasonal vegetables, topped with grilled hallumi £7.95
served with choice of:
fries - rice - couscous - sweet potato wedges
** vegan suitable when served without hallumi*
Allergens gluten (couscous), dairy (hallumi)

HOMEMADE MEATLOAF

homemade beef meatloaf with potato mash & our onion gravy. Just like someone's mama used to make £8.95
Allergens dairy, egg, gluten, mustard

SEABASS

our favourite dish of pan fried marinated (our own marinade as you could expect) fillet of sea bass on a bed of kale and sweet potatoes. Served with side salad and as a fish requires a wedge of lemon £8.95
Allergens fish

GRILLED CHICKEN FILLET

juicy grilled chicken fillets in our fresh citrusy marinade everyone's favourite lunch £7.95
served with choice of:
fries - rice - salad - couscous - sweet potato wedges
Allergens gluten (couscous)

ROASTED CHICKEN

half of roasted chicken in our balsamic marinade. £8.95
served with choice of:
fries - rice - salad - couscous - sweet potato wedges
Allergens gluten (couscous)

HOT SANDWICHES

STEAK SANDWICH

juicy beef with tomato & onion relish with mustard mayo £7.45
served with choice of: fries/salad/homemade sweet potato wedges
Allergens: mustard, egg, gluten,

LAMB SANDWICH

roasted lamb with tomato & onion relish with mint yogurt on a side £7.45
served with choice of:fries-salad-homemade sweet potato wedges
Allergens: dairy, gluten

FALAFEL WRAP V (*VG)

*homemade falafel with rocket,spinach, chili aubergine, roasted pepper pesto & homemade hummus with tahini yogurt or *our roasted pepper dip on a side* £6.95
served with choice of:fries-salad-homemade sweet potato wedges
*Allergens: dairy, gluten, sesame seed, *nuts*

GRILLED CHICKEN WRAP

cajun spiced grilled chicken, onion, tomato, bell pepper, rocket £6.95
served with choice of: fries-salad-homemade sweet potato wedges
Allergens: gluten

PLEASE TELL STAFF MEMBER IF YOU SUFFER FROM ANY FOOD ALLERGIES

BUILD YOUR OWN BURGER

£8.95

for vegan option please, ask for vegan bun

PICK YOUR PATTY

homemade beef - chicken schnitzel chicken fillet- homemade falafel VG

PICK 3 TOPPINGS

tomato - roasted peppers - spinach mushrooms - rocket - baked beans caramelised onion - jalapenos - slaw avocado - red onion - gherkins chili aubergine

PICK YOUR CHEESE

mozzarella - blue cheese - goat cheese grilled hallumi - feta - cheddar

CHOOSE YOUR SIDE

fries - salad
homemade sweet potato wedges

MAKE IT A MOSTER

extra patty £2.95
beef/schnitzel/fillet

MAKE IT SPECIAL

extra topping 75p
bacon (2) £1.75
fried egg (1) £1.00

Various allergens, please speak to a staff member

PIZZA 12"

GARLIC BREAD

garlic butter £3.25
with mozzarella £4.25
Allergens: dairy, gluten,

MARGHERITA V

tomato sauce, mozzarella, basil £5.75
Allergens: dairy, gluten,

CHICKEN

olive oil, spinach, feta, mozzarella, lemon chicken, rocket £7.75
Allergens: dairy, gluten,

THE VEGFEST VG

tomato sauce, roasted peppers, caramelised onion, chilli aubergine, tomato, mushroom £7.75
Allergens: gluten,

DALE STREET LAMB

tomato sauce, roasted lamb, mozzarella, cheddar, red onion,red wine sauce, rocket £8.45
Allergens: gluten, dairy, sulphites

PINEAPPLE DOES GO ON PIZZA

perfect to share as a dessert

pineapple, nutella, white chocolate drizzle, smarties £5.75
Allergens: gluten, dairy, nuts