

ME NU

Lunch.

S&P CHICKEN FLATBREAD 10.95

Crispy salt and pepper chicken, with a watercress salad topped with sliced red pickled onions on an open flatbread and a hot honey drizzle, served with crisps and coleslaw

MEDITERRANEAN VEGETABLE FLATBREAD 10.75 ✓

Mediterranean roasted tomatoes, onions and peppers, whipped feta with a leafy salad and balsamic glaze, served with crisps and coleslaw

FALAFEL FLATBREAD 10.75

Homemade falafels, humous and a pea shoot salad with pomegranate dressing on an open flatbread, served with crisps and coleslaw

HOMEMADE QUICHE SALAD 10.90 CAN BE MADE ✓

Our homemade quiche of the day served with our house salad, homemade coleslaw and salted crisps

BUTTERNUT SQUASH SALAD 10.90 GFO

Harissa roasted butternut squash, feta, toasted seeds and walnuts served on our house salad with mango mayo dressing

GOATS CHEESE SALAD 10.90 ✓ GFO

Warm goats cheese with our house salad, roasted cherry tomatoes and red peppers

FALAFEL SALAD 10.90 GFO

Warm homemade falafels on our house salad with a mango mayo dressing

CHICKEN CAESAR SALAD 11.20 GFO

Chicken, crispy bacon, homemade croutons on our house salad with Caesar dressing and Parmesan

HAM SALAD 10.90 GFO

Sliced ham and boiled eggs on our house salad with homemade coleslaw and balsamic glaze

GOATS CHEESE CIABATTA 9.80 ✓ GFO

Whipped goats cheese, with roasted red peppers and cherry tomatoes topped with watercress on a warm ciabatta, served a side salad, coleslaw and crisps

BLT CIABATTA 10.20 GFO

Bacon, Lettuce and sliced tomato served on a warm ciabatta with mustard mayo, served with a side salad, coleslaw and crisps

CLUB FLATBREAD 10.70 GFO

Roast chicken, bacon, lettuce and tomato on a flatbread sandwich served with a side salad, coleslaw and crisps

HAM SALAD FLATBREAD 9.70 GFO

Ham, leafy salad, cheddar and onion chutney flatbread sandwich, served with a side salad, coleslaw and crisps

BACON AND BRIE CIABATTA 9.60 GFO

Crispy bacon, melted brie and cranberry sauce on a warm ciabatta, served with a side salad, coleslaw and crisps

CORONATION CHICKPEA FLATBREAD GFO WRAP 10.50

Coronation chickpeas, onion bhaji, lettuce and mango chutney on a warm flatbread wrap, served with a side salad, coleslaw and crisps

EGG SALAD FLATBREAD 9.10 ✓

Egg mayonnaise, lettuce and tomato on a flatbread sandwich, served with a side salad, coleslaw and crisps

FRITATTA 9.40 ✓ GFO

Spinach and feta frittata with a romesco roasted tomato, pepper and garlic sauce, served with a side Salad, coleslaw and crisps

HOMEMADE QUICHE & CHIPS 10.90 CAN BE MADE ✓

Our homemade quiche of the day served with a side salad, chips and coleslaw

CLASSIC WELSH RAREBIT 9.70

Served with side salad, homemade coleslaw and salted crisps on thick sliced white or granary toast

SCAMPI 10.10

Scampi served with chips, salad and tartar sauce

HAM, EGG AND CHIPS 10.10 GFO

Locally sourced sliced ham, fried eggs and chips, served with coleslaw

Please let us know if you have any allergies or dietary requirements prior to ordering.

We will try our best to accommodate all dietary needs, and we take the upmost care when preparing your food, but all food is prepared in a kitchen which handles all allergens.



- Vegetarian



- Vegan

GFO - Gluten free option available

WE HAVE A FULL ALLERGEN MENU

AVAILABLE IF REQUIRED