

FROM 11.30AM **LUNCH** UNTIL 3.00PM

SALADS

Side **£3.5**
CHOOSE 2

Standard **£4.75**
CHOOSE 3

Super **£5.75**
CHOOSE 4

THE BROCCOLI & ALMOND SLAW

GF · VG · CONTAINS DAIRY, NUTS, SULPHITES
SHAVED BROCCOLI, ALMONDS, CRANBERRIES, RED ONION, BUTTERMILK & COTTAGE CHEESE DRESSING

THE BAJA SWEET POTATO

GF · VG · CONTAINS DAIRY
ROASTED SWEET POTATO, BLACK BEANS, ROCKET, FETA, CINCO DE MAYO LIME YOGHURT, CHILI, SPRING ONION

THE CARROT & CHERMOULA BULGUR

DF · VE · CONTAINS GLUTEN, MUSTARD
ROASTED CARROTS, BULGUR WHEAT, PARSLEY, SPINACH, CHERMOULA DRESSING

THE MEXICAN QUINOA

DF · VE · CONTAINS GLUTEN
BULGUR WHEAT, BLACK QUINOA, SWEETCORN, TOMATOES, BLACK BEANS, JALAPEÑO, CORIANDER, LIME, SHAVED YELLOW PEPPER

THE GREEN NINJA

DF · GF · VE · CONTAINS PEANUTS, SESAME
CABBAGE, FENNEL, CHILI, KALE, SUGAR SNAPS, SPRING ONION, SPINACH, CORIANDER, SPRING ONION, PEANUT SESAME DRESSING

THE BALLER

CONTAINS GLUTEN, DAIRY, MUSTARD, SULPHITES
MUSHROOMS, ORZO, SPINACH, CHIVES, PARSLEY, DILL, PARMESAN, TRUFFLE OIL & CHAMPAGNE VINAIGRETTE

PIMP IT WITH...

Meat

WHOLE CHICKEN BREAST **£3.6** GF DF

HALF CHICKEN BREAST **£2** GF DF

BAKED BUTTERMILK CHICKEN **£3.25** DAIRY GLUTEN

'CLUCK YEAH' CHICKEN SKEWER **£3.25** DF GF

LAMB PINE NUT KOFTI **£3.5** DF GF NUTS

Fish

GRILLED SALMON FILLET **£3.25** DF GF

SMOKED MACKEREL **£2.3** DF GF

EM'S BOMBAY SALMON CAKES **£2.85** DF EGG GLUTEN

Veg

FETA & SEASONAL VEG FRITATTA **£2.25** DF · VG EGG DAIRY

MARINATED ARTICHOKE HEARTS **£2** DF GF VE

VE - VEGAN
VG = VEGETARIAN
GF = GLUTEN FREE
DF = DAIRY FREE

WE'RE LEGALLY
REQUIRED TO ADD
VAT TO NON-HOT
FOOD WHEN YOU
EAT IN. SORRY!

Housemade Sauces



HOT STUFF

Go *LARGE* for £1.5

POLLO CHILI VERDE **£6.75**

GF · CONTAINS DAIRY
CORIANDER RICE, TOMATILLO, BLUE CORN TORTILLAS,
LIME YOGHURT

BRAISED BEEF WAT **£7.75**

DF · CONTAINS GLUTEN
CUMIN & FENUGREEK BRAISED BEEF, GIANT GREEN COUS COUS
& SUGAR SNAP PEAS

COCONUT & PUMPKIN DAAL **£5.75**

DF · GF · VE
PUMPKIN, GREEN LENTIL & BLACK BEAN DAAL, TURMERIC
& CARDAMOM SPICED SOYA YOGHURT, SHAVED COCONUT

BLACK BEAN FALAFEL **£6.5**

DF · GF · VE
FIVE GREENS QUINOA SALAD, TOMATILLO SALSA
& AVOCADO LIME "MAYO"

BLACKENED CHICKEN **£6.75**

GF · CONTAINS DAIRY
BLACKENED CHICKEN THIGH, "DIRTY RICE",
WINTER GREEN SLAW & ROASTED CORN-CHILI YOGURT

CELERIAC SOUP **£3**

GF · DF · VE
WITH TRUFFLE OIL

#SUNNYEVERYDAY