

# SAMPLE LUNCH

## MENU



### Eat in/Take out

#### Hearty Helpings

Frittata with tomato, homemade ricotta & spinach with side salad (V) (GF)	£8/£7.50
Coconut noodle broth with chicken & market vegetables	£9/£8.50
Homemade ricotta Gnocchi with leeks, sage and brown butter (V)	£8/£7.50
Salmon fishcakes with tarragon mayo & pickled cucumber	£10/£8.50

We make our own ricotta to use up milk so it doesn't go to waste.

#### Lighter Options

Kohlrabi and beetroot salad with pumpkin seeds and homemade mint and elderflower vinaigrette (VE & GF)	£7/£6.50
Isle of Wight heritage tomato salad with feta, olives, pickled red onion and cucumber (V & GF) (VE Available)	£7/£6.50

#### Sides

Spiced potato wedges with vegan herb mayo (VE)	£3.50/£3
Hummus with homemade yogurt flat bread (VE & GF available)	£3.50/£3

If you have any allergies or dietary requirements please speak with a member of our lovely team.

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#### Sandwiches

Cheddar & pear chutney (V)	£5/£4
Falafel & pomegranate chutney (VE)	£5/£4
Onion bhaji & mango chutney (VE)	£5/£4
Ham and piccalilli	£5.50/£4.50

All of our sandwiches are served on a selection of breads including 'Holy Grain' organic sourdough, locally sourced from an independent bakery just 1/2 a mile down the road. Gluten free bread available.

#### Cakes

Root veg, raisin & chia seed cake (VE)	All
Croissant served with jam	£2.50/£2
Scone served with cream and berry jam	
Snickers rocky road	
Biscoff rocky road	
Pear and polenta cake (GF)	
Brazilian carrot & tangerine cake with citrus cream cheese icing	

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