



LUNCH

MENU

Soup of the Day - 6.90

served with homemade brown bread

Seafood Chowder - 9.90

chunky pieces of salmon, white fish & shellfish bound together with creamy potato and veg

Chicken Wrap - 12.90

breaded chicken, avocado smash, onion, lettuce, tomato, sweet chilli mayo with chips or soup

Beef Sandwich - 13.90

slow cooked feather-blade of beef on toasted sourdough with red onion marmalade and cheddar cheese.
Served with soup or chips

Spicy Chicken Flat Bread - 13.90

spicy chicken pieces served on Naan bread with spicy tomato sauce, mint yoghurt, mixed salad leaves and quinoa

Falafel Wrap - 12.90

falafel, avocado smash, lettuce, tomato, sweet chilli mayo with chips or soup

Scampi Taco - 12.90

wild Atlantic prawns, avocado smash, lettuce, tomato, taco sauce with chips or soup

Chicken Caesar Salad - 11.90

grilled chicken, cos lettuce, bacon, croutons, Caesar dressing

Thai Prawn Curry - 16.90

served with rice and Naan bread

Chicken and Broccoli Pesto Pasta - 14.90

served with garlic bread

Hearty Seafood Pie - 17.90

chunky pieces of salmon, hake and prawns with baby carrots and tender stem broccoli in a light cream sauce topped with a creamed mashed potato