

lunch

available **Monday - Friday** only
full menu also available.

bowls

cullen skink

small 7.95 / Large 9.95

soup of the day

small 6.00 / Large 7.95



light & healthy

(g/v/vg) green salad bowl 10.95

Mixed Exotic Leaves, Cucumber, Spring Onion, Green Beans, Nocellara Olives, Peppers, New Baby Potatoes & Chia Seeds. Dressed with either Honey Mustard or Balsamic Vinaigrette.

Add Roast Chicken 4.50

Add Avocado & Crispy Red Onions 5.50

(g/v) avocado toast 9.60

subject to availability

Toasted Sourdough Bloomer, Smashed Avocado, Poached Eggs & Blistered Cherry Tomatoes with Dressed Baby Leaves

(Gluten Option - Please specify to server)

baked potatoes

- all potatoes served with dressed salad

(g) cajun chilli & cheddar melt 9.85

sweet & sour chicken 9.85

(g) tuna mayo & cheese melt 9.85

(g) sour cream, bacon, spring onion
& monterey jack melt 9.85

(g/v/vg) 3 Bean &
sweet potato chilli 9.85

Cooked in Tomato, Smoked Paprika, Red Chilli, Coriander & Cinnamon Sauce

(g/v) cheese & bean melt 8.95

Upgrade your Baked Potato?

Coleslaw 2.95 / Soup of the Day 4.95 / Cullen Skink 6.95

(v) - Suitable for Vegetarians. (vg) - Suitable for a Vegan Diet (g) - Gluten Intolerance Dishes - Although made with gluten free ingredients, we cannot guarantee 100% gluten free. We Cannot guarantee all our dishes are nut free.

Allergen Data Sheet Available on Request

filled wraps

-all wraps served with dressed salad

southern fried chicken wrap 9.85

With Chilli Jam, Sour Cream, Gherkins & Salad

chicken fajita wrap 9.85

Marinated Chicken, Peppers, Onions, Salsa, Sour Cream & Cheese

sweet & sour chicken wrap 9.85

Chicken Goujons, Sweet & Sour Sauce, Pineapple & Peppers

(g/v/vg) 3 Bean &
sweet potato chilli 9.85

Cooked in Tomato, Smoked Paprika, Red Chilli, Coriander & Cinnamon Sauce,
with Red Onion and Salad

tuna wrap 9.85

Tuna Mayo, Cucumber and Salad

Upgrade your Wrap?

Skinny Fries 3.95 / Coleslaw 2.95 /

Soup of the Day 4.95 / Cullen Skink 6.95