

# lunch

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

# bowls

## cullen skink

small 7.95/large 9.45

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## soup of the day

small 6.00/large 7.50

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# light & healthy

## (g/v/vg) green salad bowl 9.95

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** Cold Roast Chicken 3.50

**Add** Cove Bay Cured Seatrout 4.95

**Add** Atlantic Prawn & Avocado 4.95

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## (g/v) avocado toast 8.20

\*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 8.50

(g) atlantic prawn marie rose 9.95

(g) tuna mayo & cheese melt 8.50

(g) sour cream, bacon, spring onion &  
monterey jack melt 8.25

(g/v/vg) sweet potato &  
3 bean chilli 8.50

(g/v) cheese & bean melt 7.80

***Upgrade your Baked Potato?***

***Coleslaw 2.50 / Soup of the Day 4.40 / Cullen Skink 6.35***

(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 8.50

With Chilli Jam, Sour Cream, Gherkins & Salad

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chicken fajita wrap 8.50

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

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katsu chicken wrap 8.50

Chicken Goujons, Katsu Sauce, Cucumber & Red Onions

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(v/vg) vegetable fajita wrap 8.50

Peppers, Onions, Mushrooms, Cherry Tomatoes, Salsa & Cheese (vegan option specify)

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(v/vg) falafel wrap 8.50

Beetroot Falafels, Carrot, Salsa & Smashed Avocado

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tuna wrap 8.50

Tuna Mayo, Cucumber and Salad

***Upgrade your Wrap?***

***Coleslaw 2.50 / Soup of the Day 4.40 / Cullen Skink 6.35***