

# Salads and Healthy Plates

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|--|-------|
| Beetroot Nicoise - Baby Gem, edamame beans, cherry tomatoes, boiled egg, olives, croutons and Dijon dressing ♥ ♥ less than 400 ca. |       |
| Smoked salmon, tuna mayo, sweetcorn, boiled egg, avocado and gherkin $lackbox{f \Psi}$   | £6.80 |
| Chicken Caesar salad, cherry tomato, mixed seeds, crouton  | £5.95 |
| Grilled Halloumi with orzo, beetroot, kale, cherry tomatoes and pesto ♥  | £6.50 |
| Roast sweet potato, feta, tomato, olives, peppers and red onion $\blacktriangledown {\bf 0}$                                       | £5.95 |
| Coronation chicken, avocado, spinach, carrot, mango, walnuts and coriander   | £5.95 |
| Warm salad of grilled chorizo, sweet potato, boiled egg, roast tomato, avocado, honey mustard dressing                             | £5.95 |
|  |       |

### House classics

| Indulge Club Samie  | £4.70  |
|---|--------|
| Toasted triple decker on sliced multiseed - not for the faint he  | arted! |
| Chicken, chipotle pork, mature cheddar, vine tomato, mayo   |        |
| Oriental pork, noodle and hoi sin wrap 🛨  | £4.00  |
| Grilled flatbread "kebab" – chicken breast, houmous, carrot, coriander, red onion, sriracha sauce and garlic mayo | £4.70  |

### Sandwiches

Granary roll, ciabatta, large white roll, sliced multiseed, gluten free

| Sliced egg, beetroot, tomato, mayo and mixed leaf V | £3.50 |
|---|-------|
| Tuna mayo, sweetcorn, cucumber, mixed leaf          | £3.70 |
| Mature cheddar, mixed salad, tomato chutney 🕚       | £3.50 |
| Coronation chicken, avocado, mixed leaf             | £3.70 |
| Yorkshire ham and cheese savoury                    | £3.70 |
| Warm chipotle pork, spinach, tomato and garlic mayo | £3.70 |
| Chicken breast, houmous, rocket, chilli jam         | £3.70 |
|   |       |

| Wraps  |       |
|--|-------|
| Mexican chicken with pinto beans, avocado, crème fraiche and cheddar                       | £4.00 |
| Sweet potato, houmous, feta, edamame beans, spinach, tomato, pepper and mixed seeds ♥ ♥    | £4.20 |
| Falafal, houmous, mixed leaf, carrot, sweet chilli and garlic mayo ${\color{red} \bullet}$ | £4.20 |

# Toasted Panini

Cup of soup

| Meat Feast ciabatta – chipotle pork, chicken, bacon, chorizo, vine tomato, cheddar | £4.70 |
|--|-------|
| Tuna, sweetcorn, mayo, mature cheddar and red onion                                | £4.50 |
| Chorizo, goats cheese, rocket and roast tomatoes                                   | £4.50 |
| 'Meatferno' - chicken, sriracha sauce, chorizo, cheddar                            | £4.50 |
| Audsleys sausage, Voakes black pudding, tomato chutney                             | £4.50 |
|  |       |

#### Life's great with a bit on the side...

| Crunchy coleslaw   | £1.50 |
|--|-------|
| House salad Mixed leaf, cherry and roast tomato, cucumber, pepper, | £2.00 |
| olives and edamame beans   |       |

£1.80





# Bagels

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|--|-------|
| Spicy chicken, sriracha sauce, chorizo and cheddar                       | £4.00 |
| Open smoked salmon, cream cheese, rocket and sweet chilli                | £4.70 |
| Chipotle pork, mozzarella and gherkin melt                               | £4.00 |
| Open smashed avocado, feta, roast tomatoes, coriander, olive oil ${f v}$ | £5.00 |
| Goats cheese, vine tomato, pesto and honey V                             | £4.00 |
|  |       |

#### Baked Potatoes

| Add a house salad to any order                                | £2.00 |
|---|-------|
| Coronation chicken and spinach                                | £4.20 |
| Tuna mayo, sweetcorn, red onion, cheddar                      | £4.20 |
| Mexican chicken, avocado, pinto beans, cheddar, crème fraiche | £4.20 |
| Baked beans, mature cheddar, coleslaw V                       | £4.20 |
| Smoked salmon, tuna mayo, sweetcorn, beetroot, avocado        | £4.70 |

# Wholesome Homemade Soup

| Homemade soup with granary or white roll | £3.60 |
|--|-------|
| Add a cup to any sandwich                | £1.80 |

### Nutritious and delicious smoothies and Juice

| Freshly squeezed orange juice                  | £2.30 |
|--|-------|
| Mixed berry, banana and apple                  | £3.00 |
| Mango, banana, chilli, lime and pineapple      | £3.00 |
| Passion fruit, strawberry, mango and pineapple | £3.00 |

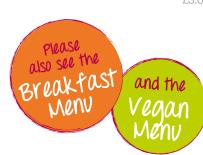
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|--|-------|
| Protein shake – chocolate, vanilla creme, mocha or strawberry          | £3.00 |
| "Crossfit" Recovery Chocolate protein powder, banana and peanut butter | £3.20 |
| "go yoga" Banana, mango, turmeric, coconut water                       | £3.20 |
| Detax Frozen banana kale spinach coconut water                         | £3.20 |

## Ice Cream Shakes

| Banoffee pie           | £3.00 |
|------------------------|-------|
| Strawberries and cream | £3.00 |
| Oreo "chocfest"        | £3.00 |

- healthier option
- vegetarian
- ★ award winning









# Hot Drinks

|  | Regular | Large |
|--|---------|-------|
| Americano  | £2.20   | £2.50 |
| Cappuccino or Latte                                  | £2.40   | £2.80 |
| Mocha  | £2.60   | £2.90 |
| Espresso, Macchiato                                  | £1.70   |       |
| Flat white   | £2.20   |       |
| Flavoured coffee - per shot                          | £0.35   |       |
| Hot chocolate and marshmallows                       | £2.60   |       |
| Deluxe hot chocolate - marshmallows, cream and flake | £3.20   |       |
| Spiced Chai tea latte                                | £2.40   | £2.80 |
| Tea - Yorkshire, Herbal, Fruit or Speciality         |         | £1.90 |

# Kids menu

All served

With red pepper and

Perfect for under 7s

Freshly made

CÙĊumber

Drinks

# Need outside catering?

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