

HUMMUS BOWLS

Classic dishes on fresh hummus, served with fluffy pitta bread, carrot sticks, gluten-free bread or corn chips.

Make it large for an extra £1.30

CHICKEN & GUACAMOLE (add sundried tomatoes +1.00)	5.85
CHICKEN & FALAFEL SALAD (add feta cheese +1.00)	5.65
BEEF STROGANOFF & AUBERGINE (add jalapenos +1.00)	5.95
FALAFEL SALAD (add sundried tomatoes +1.00)	5.55
GUACAMOLE & FALAFEL SALAD (add feta cheese +1.00)	5.75
TABOULEH WITH 3 FALAFEL BALLS (add tzatziki +1.00)	5.15
CREATE YOUR OWN	5.95

ADD SALAD & NON ALCOHOLIC DRINKS FOR £2.95
Aubergine Salad, Greek Salad, Tabouleh Salad, Falafel Salad

WRAPS

(add guacamole +1.00)

Levantine goodness wrapped in Mediterranean flatbread with fresh hummus & tortilla chips.

FALAFEL WRAP w salsa, tzatziki & pickles	4.95
CHICKEN WRAP w salsa & pickles	6.25
SWEET POTATO FALAFEL WRAP w salsa, aubergine, feta and pickles	5.45

SALAD BOX

Choose your base... **QUINOA** **FREEKEH**

Choose your salad...

FALAFEL BOX w lettuce, salsa, tzatziki and 4 falafels	4.95
CHICKEN BOX w sautéed chicken, lettuce, salsa, tzatziki & 2 falafels	6.25
BUTTERNUT SQUASH LENTIL CURRY BOX w sweet potato falafels	5.95

ADD SALAD & NON ALCOHOLIC DRINKS FOR £2.95
Aubergine Salad, Greek Salad, Tabouleh Salad, Falafel Salad

VEGETARIAN SPECIAL 4.95
(add 3 falafel balls +1.00)

WEEKLY MEAT SPECIAL 6.05
Ask about this week's special meat option

SALADS & SIDE DISHES

GREEK SALAD 2.60	TABOULEH SALAD 2.00
FALAFEL SALAD 2.40	AUBERGINE SALAD 2.80

TRY SWEET POTATO FALAFELS 1.20
served with Tzatziki

EXTRAS

1.00

Tzatziki	Feta Cheese
Sundried Tomatoes	3 Falafel Balls
Tortilla Chips	Extra Pitta
Carrot Sticks	Jalapenos

DESSERTS

BAKLAVA A rich pastry filled with chopped nuts & soaked in honey	2.20
CHOCOLATE BROWNIE A rich, gluten-free home-made brownie	2.20

DRINKS

ALE

EINSTÖK WHITE ALE ABV 5.2% 4.50
AVAILABLE IN 330ML BOTTLES

Brewed in the centuries-old Belgian tradition, features the complex flavours of the classic witbier, including orange peel and coriander – all brewed with pure Icelandic water that delivers a cool smoothness that is flavourful and refreshingly drinkable. 100% vegan, with no GMOs.

LAGER/PILSNER

PILSNER URQUELL ABV 4.4% 4.00
AVAILABLE IN 330ML BOTTLES

While most lagers give away most of their taste profile in the front of the mouth, Pilsner Urquell only hints at its flavour there. Instead, it develops in the middle, followed by a refreshing, clean finish and balanced aftertaste, practically inviting you to have another. Earthy, fresh bread aroma with hints of hops and honeysuckle.

CELIA ORGANIC GLUTEN FREE LAGER 4.50
ABV 4.5%, AVAILABLE IN 330ML BOTTLES

Traditionally batch brewed in the walls of a 14th century castle using local Saaz hops, famous for their clean, spicy aroma. CELIA is only 136kcal and brewed from just three locally sourced ingredients, in the heart of the world's most famous hop region: Malted Barley, Saaz hops and Water from Zatec foothills

CIDER

SOUTHWEST ORCHARDS CIDER ABV 5% 4.50
AVAILABLE IN 500ML BOTTLES

Made with fresh apple juice from a blend of the finest West Country Cider apples, such as Yarlington Mill, Harry's Master and Dabinett, plus a small amount of dessert apple to give the cider a fruity bite. The cider is fermented under ambient conditions, and then allowed to mature naturally for at least 3 months.

RED WINE

GROWERS GATE SHIRAZ

Deep red in colour with a purple hue, this Shiraz combines vibrant blackberry and liquorice aromas with ripe berry flavours and soft tannins, producing a wine with richness and complexity.

Glass 12.5cl **5** 17.5cl **6** 25cl **8**
Bottle **21**

WHITE WINE

GROWERS GATE CHARDONNAY

This wine has attractive stone-fruit and citrus aromas. Minimal use of French Oak allows the fresh, ripe fruit flavours to be the wine's outstanding feature.

Glass 12.5cl **5** 17.5cl **6** 25cl **8**
Bottle **21**

SOFT DRINKS

Coca-Cola	2.60
Coke Zero	2.60
Diet Coke	2.60
Sprite	2.60
Fanta	2.60
Fresh Mint & Ginger Lemonade	2.95
Aloe Vera Juice	2.95
Apple Juice	2.95

HOT DRINKS

Fresh Mint Tea	2.80
Breakfast Tea	2.80
Americano	2.80
Cappuccino	2.80
Latte	2.80
Hot Spiced Apple Juice	3.10
NEW - Positivitea	3.00

Inspire: Peppermint, Liquorice & Echinacea;
Love: Green Tea, Jasmine & Rose,
Imagine: White tea, Elderflower & Blueberry



If you are lucky to look under 25, you will be asked to prove that you are aged 18 or over when you buy alcohol.

