



New Rotation Menu

Menu 1

Keralan curry with rice and salad (VG)

A coconut milk and turmeric based curry with cauliflower, chickpeas and pineapple
(Mild spice)

Onions and tarragon quiche with salad (V)

Contains: Gluten, wheat, milk, onions and eggs

Soup of the day with bread (V)

Please see chalk board for today's seasonal soup
Contains: Gluten and wheat

Menu 2

Lentil, carrot and celery stew with sweet potato mash and salad (VG)

A rich carrot and celery lentil stew with a silky sweet potato mash
Contains: Mustard and celery

Sweet and sour pepper quiche with salad (V)

Contains: Gluten, wheat, milk and eggs

Soup of the day with bread (V)

Please see chalk board for today's seasonal soup
Contains: Gluten and wheat

Menu 3

Veggie chilli with wedges and salad (VG)

A mixed veg chilli with kidney beans, sweetcorn, peppers and a little sweet potato in a mild tomato and paprika sauce

Celeriac and rosemary quiche with salad (V)

Contains: Gluten, wheat, milk and eggs

Soup of the day with bread (V)

Please see chalk board for today's seasonal soup
Contains: Gluten and wheat

Menu 4

Baked potatoes with either leek & onion or homemade beans with salad (VG)

A freshly baked potato topped with a delicious choice of either leek & onions
or our homemade beans

Contains: Mustard

Balsamic tomatoes and basil quiche with salad (V)

Contains: Gluten, wheat, milk and eggs

Soup of the day with bread (V)

Please see chalk board for today's seasonal soup

Contains: Gluten and wheat

Menu 5

Mushroom goulash with wedges and salad (VG)

A classic goulash with courgettes, portobello mushrooms, peppers in a caraway seed,
paprika and rich tomato sauce

Spinach and nutmeg quiche with salad (V)

Contains: Gluten, wheat, milk and eggs

Soup of the day with bread (V)

Please see chalk board for today's seasonal soup

Contains: Gluten and wheat

Weekly Cakes:

Dark chocolate brownies

Contains: Gluten, milk and eggs

Lemon polenta cake

(Vegan and Gluten free)

Apple, cinnamon and honey cake

Contains: Gluten, milk and eggs

All ingredients used are organic and where possible biodynamic.

Our menu rotation can change week to week so please do check the chalk board in the café
for what's on offer or alternatively ask one of our friendly staff for more details.