

SANDWICHES & WRAPS

SALAMI SANDWICH £9.50

Salami, tomato, rocket, balsamic glaze

OAK SMOKED SALMON SANDWICH £10.50

Salmon, crab mayo, rocket

ROAST VEG WRAP £9.50

Mixed roast vegetable, hummus

FALAFEL WRAP £10.50

Pea & mint falafel, tomato, salad leaves

CAJUN CHICKEN WRAP £10.50

Cajun chicken, red slaw, baby gem, cheese

TRIPLE DECKER SANDWICH £10.50

Chicken, ham, cheddar, tomato, lettuce

SALADS

MOROCCAN SALAD £10.50

Spiced couscous, chickpea, roast red onion, sweet potato, parsley, chilli oil dressing

CAESAR SALAD £9.00

Baby gem lettuce, croutons, anchovies, parmesan, Caesar dressing

Add chicken for £3

GREEK SALAD £9.00

Feta, mixed olives, red onion, tomato, greek dressing

MEZZE PLATTER £18.00

Sharer for two

SIDES

PADRON PEPPERS £5.00

Sea salt

CHIPOLATAS £5.00

Honey & mustard glaze

HUMMUS £5.00

Feta, mixed olives, red onion, tomato, greek dressing

SIDE SALADS

HOUSE GREEN SALAD £5.00

ROCKET, PARMESAN, BALSAMIC £5.00

ESSENCE MENU. 12PM-8PM