

LIVING CAFE LUNCH MENU



Sandwiches

locally baked rustic seeded or white bread, or a fresh baked organic baguette. served with a garnish of salad and chips.

brie, rocket & home-made onion chutney	s/w 3.95	bag 4.45
mature cheddar, tomato and home-made chutney	3.95	4.45
Kentish gammon ham, vine-tomato & english mustard	3.95	4.45
pepper smoked mackerel, rocket, lemon & mayo	4.25	4.75
buffalo mozzarella, basil & roasted peppers	3.95	4.45
free-range chicken, semi-dried tomatoes, rocket, basil & mayonnaise	4.25	4.75

Toasted Sandwiches

mozzarella, vine-tomato & caramelised onions	3.95
BLT with mayo	4.45
home-made fishfinger, tartar and rocket	4.65
bacon, brie & home-made onion chutney	4.65
sausage, onion & english mustard	4.45

Mains

all our dishes are home-made using fine fresh ingredients, we hope you'll agree it adds to the taste

home-made soup of the day (see board) with fresh baked ciabatta	3.75
gammon ham, egg and chips or double egg for veggies	5.45
farmhouse breakfast sausage, bacon, vine-tomato, mushroom, egg, chips	5.95
fish 'n' chips beer battered with tartar and a wedge	6.45
bowl food (see board) our favourite foods served with a fresh baked ciabatta or hand-cut chips	5.45
thick-cut Aberdeen Angus beef burger, cheddar, tomato, rocket with hand cut chips	6.45

Little Living

mains for the little people in your life

home-made fish fingers and chips	3.45
mini english egg, mushrooms, tomato, chips	3.25
mini bowl food with chips or bread	3.45

Super Salads

these look and taste so fantastic and are crammed full of superfoods which make you happy and strong

the greek feta, kalamata olives, tomato, cucumber, red onion, mixed leaves, oregano	5.95
the Italian buffalo mozzarella, tomato, rocket, broad bean, fresh basil, pesto dressing	6.45
the local hot smoked mackerel, egg, peas, broad bean, spring onion, rocket, fresh lemon	6.45
the thai soy and honey chicken, spring onion, carrot, cucumber, bean sprouts, mixed leaves, peanuts, coriander and fresh lime	6.45

Sides

mixed leaves and vine tomatoes	2.50
rocket and parmesan side salad	2.50
bread and butter	1.00
hand-cut chips	3.00

We serve breakfast from 8.30 'til 11am

Everything from porridge to smoothies to a full english

Our basement is also available for morning or afternoon meeting or gatherings at no charge, we can provide you with a full buffet or just coffee and a cake. Please ask any staff member.