

# soups, salads + sandwiches.

**WARMING HOMEMADE SOUPS** - All soups are served with fresh focaccia

**SOUP OF THE DAY** | See daily specials **5.95** **RED PEPPER & TOMATO SOUP** <sup>(V)</sup> | **5.95**

## SALADS

### MEDITERRANEAN SUNSHINE BOWL <sup>(V)</sup>

Crispy falafel & grilled halloumi, herby tabbouleh, rocket, carrot, red cabbage, pickled sweetcorn, jalapeños and guacamole **12.50**

### ROASTED SWEET POTATO & FETA SALAD <sup>(V,N,GF)</sup>

Roasted sweet potato, crumbled feta, roasted peppers, mixed leaves, cashew nuts, hazelnut & orange dressing **12.50**

### GREEK SALAD <sup>(V,GF)</sup>

Traditional Greek salad with sliced cucumber, tomato, red onion, olives, feta, fresh mint, lemon oregano dressing **11.95**

## nibbles.

### NOCELLARA OLIVES <sup>(V,GF)</sup> 4.95

**WARM ROSEMARY FOCACCIA** <sup>(V)</sup>  
Balsamic & herb oil **4.95**

### TZATZIKI <sup>(V)</sup>

Pickled cucumber, warm flatbread **5.95**

### LOADED HUMMUS <sup>(V)</sup>

Pomegranate, roasted sunflower & pumpkin seeds, smoked paprika, toasted flatbread **6.50** Add feta for 1.50

**CRISP FRIED FALAFEL** <sup>(V,GF)</sup>  
Tzatziki **6.00**

**PULLED JACKFRUIT TOSTADAS** <sup>(V,GF)</sup>  
Mango salsa, pickled onions **8.25**

**CRISP KIMCHI FRITTERS** <sup>(V,V,GF)</sup>  
Sweet chilli & lime dip **7.95**

**HOI SIN MUSHROOM BAO BUNS** <sup>(V,V)</sup>  
Pickled onions & toasted sesame seeds **7.95**

**SALT & PEPPER BUTTERMILK FRIED CHICKEN** <sup>(GF)</sup>  
Salt & pepper sauté onions & green peppers **7.95**

## SANDWICHES

**MOROCCAN SPICED CHICKEN** | Harissa mayonnaise, tomato, baby leaf on our wholegrain bread **7.95**

**CLASSIC BLT** | Smoked bacon, lettuce, tomato & mayonnaise served on our wholegrain bread **7.95**

**ROAST GAMMON HAM** | Mayonnaise, gem lettuce, tomato on our wholegrain bread **7.95**

**WARM SPICED FALAFEL** <sup>(V)</sup> | Tahini sauce, sliced avocado, gem lettuce on sourdough **8.25**

Add hand cut chips or fries 3.25. GF bread available  
Add soup to any sandwich for for an extra 3.95

**PULLED LAMB & FETA SPRING ROLLS**  
Spicy mayonnaise **8.95**

### MINI CHORIZO

Cooked in sherry & honey, served with focaccia **8.75**

**MIXED LAMB AND PORK KOFTA**  
Tzatziki & warm flat bread **7.95**

**CRISPY HAKE BHAJI** <sup>(GF)</sup>  
Mango and Exotic Garden tea dipping sauce **8.25**

**KING PRAWNS IN GARLIC, GINGER & CHILLI BUTTER**  
Toasted focaccia **8.75**

**CRISPY FRIED SQUID** <sup>(GF)</sup>  
Thai vegetable & wild rice salad, soy & chilli dressing **8.95**

**HAND CUT CHIPS** <sup>(V,GF)</sup>  
Ginger ketchup **4.95** Add truffle & parmesan 1.50

**SKINNY FRIES** <sup>(V,GF)</sup>  
Ginger ketchup **4.50**

## sharing.

### GREEK MEZZE

Hummus, tzatziki, olives, falafel, pulled lamb filo parcels, Greek salad, toasted breads **19.95**

### FISH PLATTER

Hake bhaji with mint, coriander & yoghurt dressing, crisp fried squid, ginger & chilli king prawns, smoked salmon, crispy capers, aioli, toasted focaccia **22.50**

### VEGAN PLATTER <sup>(V,N)</sup>

Kimchi fritter, mushroom hoi sin bao buns with pickle onions & toasted sesame seeds, pulled jackfruit tostadas with mango salsa, loaded poppadoms with red lentil dahl **18.95**

### LOADED POPPADOMS <sup>(V,V,GF)</sup>

Red lentil dahl, mango chutney, coriander, mint & soy yoghurt dressing topped with tomato & red onion salsa **10.50**

# burgers + flatbreads.

All burgers served with skinny fries.

Upgrade to hand cut chips for 50p

## LEAF 100% GROUND BEEF BURGER

Toasted brioche bun, mature cheddar cheese, lettuce, sliced tomato, house relish **14.95**

## SALT & PEPPER BUTTERMILK FRIED CHICKEN BURGER

Toasted brioche bun, salt & pepper sauté onions & green peppers, chipotle mayonnaise **14.95**

## OPEN MOROCCAN SPICED CHICKEN FLATBREAD

Tabbouleh, pomegranate, mint, mixed roast vegetables & harissa mayonnaise **14.25**

## MIXED LAMB AND PORK KOFTA FLATBREAD

Tabbouleh, mixed roast vegetables, pomegranate & coriander served with tzatziki **14.95**

## OPEN FALAFEL & GRILLED HALLOUMI FLATBREAD <sup>(V)</sup>

Tabbouleh, pomegranate, fresh mint, roasted vegetables, tahini & herb mayonnaise **14.95**

Add skinny fries or handcut chips to any flatbread for 3.25

# pasta.

**SPICY PRAWN LINGUINE** | Chilli, ginger & garlic oil, rocket, confit tomatoes, white wine sauce **16.95**

**8 HOUR BRAISED OX CHEEK RAGU** | Fresh pappardelle, Parmigiano Reggiano **15.95**

**RIGATONI AMATRICIANA** | Rich creamy tomato & chilli sauce, smoked bacon crumb, Parmigiano Reggiano **13.95**

**BUCATINI <sup>(VV)</sup>** | Tahini, roasted courgette & roasted garlic sauce, green vegetables, chestnut mushrooms **13.95**

**RIGATONI PRIMAVERA <sup>(V,N)</sup>** | Seasonal green vegetables, white wine cream sauce, basil pesto, vegetarian hard cheese **13.95**

# mains.

**PAN FRIED CHICKEN THIGH <sup>(GF)</sup>** | Bubble & squeak, creamed cabbage, bacon & crispy shallot crumb, honey mustard dressing **16.95**

**BRAISED FEATHER BLADE OF BEEF <sup>(GF)</sup>** | Mixed greens, truffle & Parmesan hand cut chips & a rich jus **18.75**

**RUMP OF LAMB <sup>(GF)</sup>** | Marinated in roasted garlic and rosemary served with an 'Nduja butter bean stew, tender stem broccoli, sunblushed tomatoes and crème fraîche **19.75**

**PAN FRIED FILLET OF SEA BASS <sup>(GF)</sup>** | Turmeric spiced seabass fried in coconut oil, saag aloo new potatoes, okra fritters, mango and exotic garden green tea dressing **17.50**

**LARGE CRISPY FRIED SQUID <sup>(GF)</sup>** | Thai vegetable & wild rice salad, soy & chilli dressing **14.95**

**GREAT NORTHERN PIE COMPANY PIE** | Ask for today's selection, mixed greens, hand cut chips and gravy **14.95**

**CREAMY GOAN VEGETABLE CURRY <sup>(V,GF)</sup>** | Jasmine rice, poppadoms **14.95**

Add chicken 2.95, Add pan fried salmon 3.95, Add seitan bites <sup>(VV)</sup> 2.75

**SEITAN SHAWARMA KEBAB <sup>(VV)</sup>** | Home made spiced seitan shawarma, pickled red onion, salad, garlic tahini, griddled flatbread with skinny fries **14.95**

**DAILY SPECIALS** | Ask your server for today's choice.

**V: VEGETARIAN / VV: VEGAN / GF: GLUTEN FREE / N: CONTAINS NUTS**

We cannot guarantee the absence of allergens in any of our food. Vegan and gluten free bread is available on request. Staff keep 100% of all tips received, thank you.