

Starters

- Deep fried mushrooms** suitable for vegetarians
Mushrooms in breadcrumbs & sesame seeds deep fried served with a garlic mayonnaise dip **£4.95**
- Aubergine bruschetta** **£5.95**
Aubergine, pickled cucumber, olives, peppers with a touch of garlic served on focaccia bread
- Home made soup of the day** **£4.95**
Please ask for today's choice. Served with home made focaccia bread.

- Tomato & basil bruschetta** **£4.95**
Plum tomato vine ripened tossed in extra virgin olive oil, onion & fresh basil served on focaccia bread

Main

- Baked stuffed pepper** **£8.95**
Pepper stuffed with couscous mixed with roasted vegetables flavoured with cumin & coriander topped with breadcrumbs, melted cheese accompanied with a lightly spiced tomato sauce

- Goujon mango salad** **£9.95**
Fish goujons on strips of mango, cucumber, red onions, parsley & a touch of chilli

- Welsh rarebit** **£7.95**
A blend of cheeses melted on toast and served with a manna salad

- Traditional English fish chips & peas** **£9.95**
Boneless fillet of fish in batter served with thick cut chips and mushy peas

- Grilled haddock** **£9.95**
Seared haddock fillet on a bed of mixed vegetable rice infused with lime & coriander

- Penne al funghi** **£7.95**
Pasta with mushrooms in a cream of mushroom & garlic sauce

- Egg & salmon toast** **£8.95**
Softly cooked scrambled egg with shards of smoked salmon and asparagus, decorated with cherry tomato, manna salad, served with toast

- Gourmande salad** **£7.95**
Roasted walnuts, apple, feta cheese dripped in a wild berry vinaigrette

- Penne pomodoro** **£6.95**
Pasta in a tomato & basil sauce

- Salad nicoise** **£9.95**
Tuna, lettuce, olives, red onion, tomatoes, peppers, green beans, cucumber, boiled egg, new potatoes & anchovy tossed in a red wine vinegar, Dijon mustard and olive oil dressing

- Couscous with roasted vegetables** **£8.95**
Herb marinated roasted vegetables mixed with warm citrus infused couscous & sundried tomato pesto dressing

- Manna mushrooms** **£8.95**
Mushrooms with onions & basil in a cream sauce with a touch of garlic served with home made focaccia bread

- Pizza 8"**
Margherita pizza **£6.95**
Tomato & mozzarella cheese

- Manna pizza** **£7.95**
Peppers mushrooms sweet corn & mozzarella cheese

- Tonno pizza** **£8.95**
Tuna, anchovy, red onion, olives & mozzarella cheese

- Extra toppings:**
Cheese, tomato, red onions, peppers, sweet corn, mushrooms, olives, fresh chilli **75p**
Smoked salmon, tuna, anchovy **£1.00**

Choose an omelette

All omelettes served with a manna salad & home made focaccia bread.
Additional toppings as per pizza 75p/£1.00

- Vegetarian** **£7.45**

Peppers, mushrooms & tomatoes

- Mexican** **£7.45**

Fresh chilli, red onion, coriander, tomatoes & peppers

- Italian** **£7.95**

Olives, anchovy & mozzarella cheese

Fresh oven baked jacket potato - Served with a manna salad

- Plain with butter **£4.75**

- Mushrooms in a cream sauce **£5.75**

- Baked beans **£5.25**

- Cheese **£5.50**

- Mediterranean tuna mayonaise & sweetcorn **£5.95**

Additional toppings as per pizza 75p/£1.00

Sandwiches & combos

freshly made sandwich or alternatively served with soup or chips

- Mediterranean tuna** (triple decker) sandwich only **£4.95**
with soup **£8.45** with chips **£7.75**

- Egg & spring onion** (triple decker) sandwich only **£3.95**
with soup **£7.45** with chips **£6.75**

- Smoked salmon & cucumber bagel** sandwich only **£4.95**
with soup **£8.45** with chips **£7.75**

- Smoked salmon & cream cheese bagel** sandwich only **£4.95**
with soup **£8.45** with chips **£7.75**

- Roasted vegetable & melted cheese baguette** sandwich only **£4.95**
with soup **£8.45** with chips **£7.75**

- Mediterranean tuna & melted cheese baguette** sandwich only **£5.95**
with soup **£9.45** with chips **£8.75**

- Cheese & tomato melt baguette** sandwich only **£4.95**
with soup **£8.45** with chips **£7.75**

- Stir fry vegetables in a tortilla wrap** sandwich only **£4.95**
with soup **£8.45** with chips **£7.75**

Side order

- Thick cut chips **£3.25**

Desserts

- Spotted dick** **£4.95**
Home steamed spotted dick with custard

- Apple crumble** **£4.95**
Home made apple crumble with custard or ice cream

- Bread & butter pudding** **£4.95**
Layered slices of baked buttered bread scattered with raisins, nutmeg and vanilla in a custard sauce

- Fresh fruit salad** **£5.50**
Seasonal fruits

- Crème brulee** **£4.95**
Fresh fruit and a rich custard base topped with a layer of crisp caramel. Please ask for today's flavour. Served with ice cream

- Deep fried ice cream** **£5.50**
Balls of vanilla ice cream wrapped in filo pastry coated in desiccated coconut and deep fried with warm chocolate caramel sauce

Please note:

Our fish dishes use filleted fish and whilst every effort has been made to remove all fish bones some may still remain. All items are subject to availability. Minimum card payment £10.00, payments under the minimum charge will incur a £1.00 handling fee. A minimum charge of £6.95 per head is applicable during lunch service. Due to seasonal variations & market conditions some ingredients may differ to those stated on the menu. Cheques not accepted unless by prior arrangement. VAT is included at the relevant rate.