



## SUMMER MENU

*Served all day*

### BREAKFAST

Bircher Muesli with raw oats, honey, grated apple,  
natural yoghurt and summer berries **£2.50**

Seasonal fruit salad **£3.50**

Granola yoghurt pots with toasted fruit and nut granola, natural yoghurt and honey **£2.50**

Organic porridge topped with cinnamon, honey or banana **£2.50**

Breakfast muffin **£2.00**

Freshly baked pastries including croissants, pain au chocolat and pain aux raisins **£2.00**

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### SANDWICHES, WRAPS & BAGUETTES

Scottish smoked salmon and low-fat cream cheese baguette **£3.95**

Roasted free-range chicken and coleslaw sandwich **£3.70**

Free-range egg and cress sandwich (v) **£2.75**

Dolphin-friendly tuna and lemon mayo sandwich **£3.50**

Unity B.L.T with British back bacon, iceberg lettuce, beefsteak tomato and mustard mayo **£3.70**

Coronation chicken, iceberg lettuce, cucumber and toasted almond baguette **£3.70**

Roasted pepper, toasted almonds and low-fat cream cheese baguette (v)(n) **£3.50**

British Cheddar, onion relish and iceberg lettuce baguette (v) **£2.75**

Hummus, roasted red pepper, shredded carrot and wild rocket wrap (v)(vg) **£3.50**

Spicy peanut satay spread, grated carrot, alfalfa sprouts, lettuce and cucumber wrap (v)(vg) **£3.50**

Black olive tapenade, mozzarella, tomato, basil and wild rocket wrap **£3.75**

All sandwiches are made on both white and brown bread.

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### HOT POT DISHES

A daily hot dish served from our soup kettles **from £4.50:**

Thai chicken curry • Chilli con carne • Moroccan tagine • Beef rendang

(v) vegetarian (vg) vegan (n) contains nuts



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### SUMMER SALAD POTS

from £3.50 to £4.50:

Moroccan chicken with couscous, chickpeas, spring onions, cucumber, shredded carrot, fresh chopped parsley and coriander with a fresh lemon and harissa dressing

Goats' cheese with roasted beetroot, green beans, toasted walnuts, pearl spelt and wild rocket (v)(n)

Super food salad with quinoa, spinach, pumpkin seeds, adzuki beans and watercress with a lemon, parsley and garlic dressing (v)(n)

Prawns with green beans, butter beans, tomatoes, peppers, sweet chilli, coriander and mint

Spicy Thai chicken with noodles, cucumber, carrot, roasted peanuts, crispy shallots, garlic, coriander and lime

French puy lentils with roasted red onion, goats' cheese, cherry tomatoes and fresh herbs

Summer Greek with feta cheese, cucumber, tomatoes, black olives, red onion, mint and lemon oil

Amalfi pasta with basil pesto, cherry tomatoes, black olives, wild rocket and parmesan shavings

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### SUMMER SOUPS

A daily soup selection served with crusty bread £3.50

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### SWEET TREATS

Our cake selection, but not all will be available every day:

Made by Exploding Bakery

Victoria sponge cake ◦ Carrot cake ◦ Coffee cake £2.75

From Sponge Company

Lemon polenta cake (gf) £3.00 ◦ Dark chocolate brownies £2.75

Made by Flowerpot:

Chocolate muffins £2.25

Made by Unity Kitchen Cafe:

Oat and coconut cookies £1.50 ◦ Banana bread £2.50 ◦ Banana and chocolate loaf £2.85

(v) vegetarian (n) contains nuts (gf) gluten-free