

## LUNCH MENU SELECTOR

Copy and paste menu items to formulate your own menus.

Ensure that when compiling your menus, you select dish items that are in season and cost effective.

Download the recipe costing calculator to determine selling prices according to cost of sales ingredients.

Ensure that you achieve a minimum 64%GP

### Lunchtime

#### Sandwiches, Ciabatta's & Baguettes

Cajun Spiced Chicken Fillet in Toasted Ciabatta <i>with salad, spicy salsa and chips</i>	£7.50
Goat's Cheese and Roasted Vegetable Ciabatta <i>with mixed salad</i>	£5.95
Melted Brie and Balsamic Vine Tomato Baguette	£7.50
Home Cooked Ham, Tomato and Cheese Melt	£7.50
Mozzarella Cheese, Tomato and Basil	£5.95
Roasted Aubergine, Spinach and Hummus	£4.25
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#### Tortilla wraps

Chicken & Mango Wrap <i>chicken, peppers, onions &amp; mushrooms in a spinach tortilla &amp; salad</i>	£7.25
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#### Baked Jacket Potatoes

Chilli con carne	£4.50
Atlantic prawns <i>with lemon and dill mayonnaise</i>	£4.95
Confit duck leg, white beans and cheese	£5.25

## Savouries

A delicious hearty homemade bowl of soup £4.50  
served with a selection of croutons and chunks of freshly baked specialty bread

- Roasted pepper & chive
- Cream of asparagus
- Chicken & sweet corn

Soup & Sandwich £8.75

Enjoy one of the above hearty soups and a freshly prepared sandwich with one of the following fillings:-

Basic fillings

- Turkey
- Beef
- Tuna mayonnaise & sweet corn
- Egg mayonnaise with red pepper
- Ham
- Cheese
- Prawns in lemon mayonnaise
- Salmon

Sandwiches are served on brown or white sliced bread with a salad garnish

All Day Brunch £6.50

eggs, bacon, sausage, mushrooms, tomato, toast

All Day Vegetarian Brunch £6.00

eggs, veggie sausages, mushrooms, tomato, toast

Falafel salad £5.50

Harissa mayonnaise, mint and toasted pita bread (V)

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### Deli Items

All the following are accompanied by home made salads & hot new potatoes

Smoked Salmon Pots £9.75

Smoked salmon pots filled with cream cheese, avocado, light spiced with paprika and chili

Poached Salmon Fillet £9.50

Fillet of salmon poached in white wine & seasoned stock

Chicken Caesar £9.50

Marinated in garlic and fresh herbs on cos lettuce with croutons and a Caesar dressing

Avocado & Prawns £9.50

Ripe avocado topped with prawns bound in a rich lemon mayonnaise

Mediterranean Vegetable Tart £8.95

Baked Mediterranean vegetable tart layered mozzarella cheese and basil

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