



OUR SOUPS CHANGE REGULARLY, PLEASE CALL FOR SPECIALS...

SOUPS, STEWS & CASSEROLES

VALUE!	roasted pumpkin & ginger soup...(v)	170p/195p
SKINNY!	red lentil and country vegetable...(v)	170p/195p
VEGGIE!	mushroom stroganoff...(v)	270p/295p
FISH!	italian caponata – tuna and aubergines in a tomato base with capers & black olives...	370p/395p
MEAT!	california five spice chilli...	370p/395p
DESSERT!	bramley apple pie with cream...(v)	270p/295p
SPECIAL!	rabbit and blackberry stew...	370p/395p

WRAPS or PITAS – (long soft wholemeal roll, ciabatta's or bagels are 30p extra).

mixed salad of lettuce, tomato, onion, celery, carrot, olives & cucumber...(v)	275p
mixed vegetable sandwich – see 5-A-DAY SALAD...(v)	275p
feta cheese & roasted pepper, with mixed leaf...(v)	275p
cream cheese & cucumber...(v)	275p
crumbly lancashire cheese, tomato chutney, celery & carrot...(v)	275p
brie and red apple with fruit chutney...(v)	275p
houmous with grated carrot and salad...(v)	275p
skinny tuna and salad...	295p
teriyaki salmon, with mixed leaf and cucumber...	295p
peppered mackerel with salad...	295p
lemon prawns in a dill crème fraiche...	295p
cajun chicken, with mixed leaf, tomato & red onion...	315p
shredded oriental duck with hoi sin sauce, cucumber & lettuce...	315p
blackened chicken caesar salad with fresh anchovies...	315p
roast ham with a spiced fruit chutney...	315p
thai chilli beef with red onion & cucumber...	315p
smoked salmon and cream cheese...	325p
fresh sardine pate and salad....	325p

SALAD BOXES

TRADITIONAL!	greek salad with marinated olives and feta...(v)	350p
CLASSIC!	caesar salad with fresh anchovies and parmesan...	335p
SKINNY!	mixed leaf, celery, carrots, cucumber, tomato, olives & onion.(v)	255p
FRUIT!	pear, pomegranate & passion fruit...(v)	225p
5-A-DAY!	red & yellow peppers, beansprouts, chilli & corriander...(v)	295p
VALUE!	carrot & celeriac remoulade in a crème fraiche dressing...(v)	255p
VEGGIE!	classic lebanese tabbouleh...(v)	295p
SPECIAL!	salad nicoise...(v)	395p

(chicken, beef, salmon, cheese, tuna, duck, prawns, mackerel, ham, houmous, or feta 100p)
(add capers, sundried tomatoes, olives, anchovies or parmesan)
choice of honey mustard, caesar, balsamic vinaigrette, olive oil & lemon juice

FRESH SMOOTHIES!	blueberry & banana...(v)	190p
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SHLURP!

2 brazennose house east brazennose street Manchester m2 5bp
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FRESH FRUIT	oranges, bananas and apples...	50p
	Fresh fruit salad (see specials)...	225p
BREADS		
BAGELS!	toasted with butter or cream cheese	120p
	toasted with peanut butter, marmite or nutella	175p
	toasted with smoked salmon & cream cheese	
CIABATTA!	served warmed	65p
ROLLS!	selection of white, seeded, wholemeal & granary	40p
PITAS!	served warmed	50p
SOFT LONG WHOLEMEAL HOAGIE ROLLS!		65p
BUTTER PORTIONS!		5p
EXTRAS		
CRISPS!	selection of kettle chips ...	85p
YOGHURT!	selection of muller lite...	95p
CEREAL BARS!	selection of eat natural cereal bars...	95p
CAKES & COOKIES!	fantastic range of adore cakes, cookies & muffins...	150p
DRINKS		
WATER!	still or sparkling	75p
SODAS!	fentimann's cola, mandarin & seville orange, lemonade, ginger beer dandelion & burdock shandy	125p

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