

FOOD MENU 24th April 2021

Everything is vegetarian, (v) = vegan

Soup of the Day

Home made, gluten-free (and usually vegan) served with fresh bread (incl. gluten-free option).

small \$8—large with salads \$12

Paninis

Berry Picker: brie, partridgeberry pickle & spinach

The Bollywood (v): curried lentil paté, apple, apricot & mint chutney with grated carrot

Happy Hippie (v): hummus, roasted peppers, red onion, sundried tomato & black olives

Naughty Nanny: goat's cheese, spinach & sweet chilli relish

Ploughman: mature cheddar with one of our homemade chutneys

Roman: mozzarella, pesto & tomato

Some Like It Hot: spicy black bean paté, red onion, roasted peppers, strong cheddar & jalapeno chillies
(can be made vegan without cheese)

The Grand Seduction: avocado, spinach, sundried tomato and mozzarella

TLT (v): tempeh (soy-based healthy alternative to bacon), lettuce & tomato with whole grain Dijon mustard and vegan mayo

panini \$9.50—with salads \$12.50

Hearty Lunch Combo

Panini, salads with a small soup \$18

Bay Burrito (v)

Locally grown turnips and carrots caramelized to perfection in spiced olive oil with red onions and mushroom with a nut and seed salsa. Usually served with our two house salads. \$12.50

Homemade Bagel

Toasted with butter, homemade jam, Marmite or seed butter \$3.25

Toasted with cream cheese \$4.25

Especially for Children

Banana and honey sandwich \$5

Peanut butter and homemade jam sandwich \$5

Plain toasted cheese sandwich \$5

[made with our homemade multigrain bread]