

LUNCH

Sweet potato & peanut soup (gf, df) In/Out
5/4.5

Salads **Large 7/6.5**
Small 5/4.5

Available individually or have a mix

- **Summer greens:** shaved fennel & courgette, peas, fermented fennel & mint (gf, df)
- **Moroccan roast veg & barley:** roasted carrots & peppers, dried apricots, pearl barley, toasted almond flakes, preserved lemon (df)
- **Mexican quinoa:** quinoa, chipotle mixed beans, leaves, avocado, toasted seeds, diced jalapeno, herb dressing (df, gf)

- *add chicken* 2
- *add hot smoked teriyaki salmon* 2
- *add Eaten Alive smokey pink kraut* 1.5
- *add Eaten Alive kimchi* 1.5

Sandwiches **5.5/5**

Frittata **3.5**
- add side salad 2

HOT DISH/BBQ OF THE DAY – please ask for today’s special

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