

LUNCH MENU

We are passionate about food...

Sandwiches • Paninis • Wraps
All served side of chips & salad

Fillings

Tuna **£3.95** • Peri chicken **£3.95** • Coronation chicken **£3.95** •
Chargrilled vegetable & goats cheese **£3.95** • BLT **£3.95** • Smoked Salmon & cream cheese **£3.95** • Prawn & lime herb
mayonnaise **£3.95** • Ham & whole grain mustard **£3.95** • Cheese & onion **£3.95** • Steak & blue cheese **£5.95**

Omelette

3 egg omelette all served with side salad & chips **£4.95**

Choose 2 fillings:

Bacon • Ham • Cheese • Peppers • Onion • Chargrilled vegetables
Herby potatoes • Mushrooms • Tomato
(Any extra fillings 75p each)

Jacket potato

All served with side salad

Fillings

Plain (butter) **£2.50** • Tuna **£2.95** • Cheese **£3.25** • Chilli **£3.50** • Bolognese **£3.50** • Beans **£3.25**
Prawn & lime herb mayonnaise **£3.50** • Chicken tikka **£3.50**

Nachos

Fully loaded nachos served with salsa, sour cream and guacamole

Chilli **£4.95** • BBQ chicken **£4.95** • Jamaican Jerk chicken **£4.95** • Piri Piri Chicken **£4.95** • 3 cheese **£3.75**

Salads

Chicken Caesar salad - Chargrilled chicken, croutons,
cos lettuce, Parmesan tossed with a Caesar dressing **£6.50**

Salmon salad - Poached salmon, new potatoes, green beans, cos lettuce,
dressed with a honey & mustard reduction **£6.95**

Steak Salad - Chargrilled steak, balsamic onions, blue cheese, crispy lettuce,
drizzled with a balsamic vinegar dressing **£6.95**

Chargrilled vegetable salad - Chargrilled vegetables, goats cheese, cos lettuce
& pine nuts mixed with a pesto dressing **£6.50**

Extras

Garlic bread **£1.95**

Cheesy garlic bread **£2.50**

Chips **£1.95**

Curly fries **£1.95**

Shoestring onion rings **£1.95**

Side salad **£1.95**

Mixed seasonal vegetables **£1.95**

Herby potatoes **£1.95**

Cafe Gnosh

RESTAURANT & BAR

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