

LUNCH MENU

12.00 - 3:30pm

Sandwiches

With granary bread, crisps & green salad

Salami, Rocket & Olive Tapenade Ciabatta | £9.00

Tomato, Mozzarella & Basil Ciabatta | £9.00 

Egg Mayonnaise | £8.50 

Mersea Barns Ham & Caramelised Onion Chutney | £8.50

Mature Cheddar & Branston Chunky Pickle | £8.50 

Seafood Salad | £8.50



Spiced Avocado & Roasted Red Pepper | £8.50  

Caesar Salad | £9

Cos lettuce, croutons & creamy dressing 

(Add chicken £2)

Asian Salad | £9

Asian slaw, Chinese cabbage, onion, cucumber, carrot, chilli, coriander, spicy peanut dressing.  

(Add chicken £2)

Watermelon & Feta Salad | £9

Cucumber, red onion, olives, watermelon, feta. 

(Add chicken £2)

Bacon & Cheddar Quiche | £11

Green salad & sundried tomatoes

Goat's Cheese & Caramelised Onion Quiche | £11

Green salad & sundried tomatoes 

Roasted Vegetable & Feta Quiche | £11

Green salad & sundried tomatoes 

Loaded Hummus Platter | £11

Hand-made hummus, olives, endive, cucumber, croutons, ciabatta  

Snacks

Sausage Roll | £3.50

Savoury Pastries | from £2.95

We have a selection of cakes, scones and pastries available every day.

Please ask a member of staff for today's options

Add sides from our choice of salads.

Sides

Asian Salad | £3.50  

Caesar Salad | £3.50  

Coleslaw | £3.50 

Potato Salad | £3.50 



Green Salad | £3.50  

Watermelon & Feta Salad | £3.50 

NO SUBSTITUTIONS

FOOD ALLERGIES and INTOLERANCES

Please speak to our staff when making your order.

 Vegetarian  Vegan

