

TOULOUS *Suburb*

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WRAPS

+ in soft tortilla, salad & crisps

VEGGIE 9.95

Beetroot tortilla wrap, selection of roasted vegetables, feta & rocket

TRICOLORE 8.95

Mozzarella, cherry tomato, avocado & pesto

FALAFEL 9.95

Beetroot tortilla, chickpea balls, hummus & salad with tabuleh on the side

FISH FINGER 9.95

Breaded cod, lettuce, gherkins, tartar sauce

SALMON CAESAR 11.50

Chargrilled salmon, cos lettuce, avocado, parmesan & caesar dressing

CHICKEN SCHNITZEL 9.50

Chicken schnitzel, hummus & Israeli salad

CHICKEN CAESAR 9.95

Chargrilled chicken, cos lettuce, avocado, parmesan & caesar dressing

CHICKEN & PESTO 9.50

Chargrilled chicken, salad, olives, pesto & parmesan

DUCK 10.95

Aromatic pulled duck, cos lettuce, cucumber, spring onions & hoisin sauce

BREADS

+ crisps

SMOKED SALMON & CREAM CHEESE OPEN BAGEL 8.95

On a toasted bagel with Israeli salad

AUBERGINE, EGG & HUMMUS BAGEL 8.95

Aubergine, sun blush tomatoes, hard boiled egg & hummus

CLUB SANDWICH 10.95

Chargrilled chicken, mayo, avocado, crispy bacon & lettuce on toasted white or brown

SALT BEEF 10.95

Piled high with mustard on rye, pickled cucumber & salad

HOT DOG 7.95

7" frankfurter in brioche bun with caramelised onion

MELTS

CHEESE & TOMATO TOASTIE 7.95

TUNA MAYO & CHEESE TOASTIE 7.95

+ white, granary

+ salad & crisps

Gluten free +.50

BAKED POTATOES

+ salad

Cottage Cheese 8.95

Cheese 8.95

Baked Beans 8.95

Cheese & Crispy Bacon 9.95

Cheese & Baked Beans 9.95

Tuna Mayo 10.95

Coleslaw 8.95

Bolognaise 10.95

Roasted Vegetables 11.95

LEAVES

+ house dressing

HOUSE 12.95

Chicken, bacon, avocado, egg, cherry tomato, cucumber, roasted red onion & parmesan cheese

ROASTED VEGETABLES 12.95

Selection of roasted vegetables, artichoke, sun-blushed tomatoes & feta

BOSCO 12.50

Warm mushrooms, mozzarella, roasted vegetables, sun-blushed tomatoes & avocado with balsamic glaze

ROOTS 12.50

Butternut squash, sweet potato, roasted vegetables, halloumi & quinoa with toasted pumpkin seeds

SUPERFOOD 12.50

Feta, avocado, broccoli, cucumber, beans, edamame & quinoa

CRAB SMOKED SALMON & AVOCADO 13.95

White crab meat with smoked salmon, avocado & cherry tomatoes

NICOISE 12.50

Tuna, olive, hard boiled egg, french beans, cucumber, tomato, new potatoes & cos lettuce

CHICKEN CAESAR 11.95

Char-grilled chicken, cos lettuce, parmesan & roasted croutons with caesar dressing

ASIAN SALAD 13.95

Teriyaki grilled salmon, cos lettuce, avocado, cucumber, edamame, broccoli & sesame seeds with teriyaki dressing

AROMATIC DUCK 12.95

Aromatic pulled duck, cos lettuce, avocado, spring onions, edamame, cucumbers & pomegranate with hoisin dressing

PASTA

PENNE NAPOLI 8.95

Rich homemade tomato sauce & fresh basil

PENNE TOSCANA 10.95

Sundried tomato pesto, peppers & artichokes

SPAGHETTI CARBONARA 10.95

Classic carbonara sauce with cream, egg, parmesan & pancetta

SPAGHETTI BOLOGNESE 10.95

Homemade traditional Italian meat sauce

PENNE PESTO E POLLO 11.95

Chicken, olives, cream, basil & pesto

TAGLIATELLE FUNGI 10.95

Mushrooms, spinach & cream

BURGERS + MAINS

+ toasted brioche bun, lettuce, tomato, mayo & coleslaw

CLASSIC 9.95

8oz beef

CHICKEN FILET 9.95

Char-grilled chicken

FISH FINGER 9.95

Breaded cod, tartare sauce & gherkins

HALLOUMI & MUSHROOM 9.95

Grilled halloumi and mushroom

MEDITERRANEAN SHARING PLATTER FOR TWO 15.95

Falafel, hummus, taramasalata, tzatziki, halloumi, olives, tabuleh, leaves & pita

ISRAELI PLATTER 11.95

Smoked salmon, halloumi, avocado, hummus, olives, Israeli salad & pita

VEGETARIAN PLATTER 10.95

Falafel, halloumi, avocado, hummus, olives Israeli salad & pita

SALT BEEF PLATTER 12.95

Salt beef with a pickled cucumber, coleslaw & salad

SALMON TERIYAKI 13.95

Teriyaki grilled salmon filet, pad broccoli & jasmine rice

SIDE ORDERS

Skinny Fries 3.95

Sweet potato fries 3.95

Fat fries 3.95

Coleslaw 2.95

Mixed salad 4.95

Marinated olives 2.95

Onion Rings 3.95

Mozzarella sticks 5.95

Mac & Cheese 4.95

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KIDS MENU FOR UNDER 8'S **6.95**

+ kids apple juice

Fish goujons & chips

Chicken goujons & chips

Vienna's & chips

Penne plain, cheese, napoli

+ one scoop ice cream
(vanilla, strawberry or chocolate)

COLD DRINKS

FENTIMANS

+ victorian lemonade, pink lemonade, wild english elderflower, mandarin & seville jigger

Bottled coca cola 33cl

Bottled diet coke 33cl

Small bottle water

Kids apple juice

FRESH FRUIT JUICE

+ orange, carrot, apple
+ two mixed
+ all three

THICK MILKSHAKE

+ chocolate, strawberry, banana
+ crunchy, aero mint, malteser, kitkat, oreo

FRESH FRUIT SMOOTHIES

+ Berry burst
+ Exotic summer fruits
+ Tropical feel good
+ Detox Green

ICED COFFEE

HOT DRINKS

COFFEE

Americano	2.75	Espresso	2.75
Cappuccino	3.25	Hot chocolate	2.95
Latte or Flat White	3.25	Mocha	3.25
Cortado	2.75	Extra shot	.30

Flavoured syrup **.50**
Alternative milk available **.30**

FRESH LOOSE LEAF JING TEA

Inspired by Asia's great tea cultures, picked & packed at source for unrivalled freshness

Assam English breakfast	2.75	Ceylon Earl Grey	2.95
Fresh mint	2.25	Rooibos	2.95
Organic Jade Sword	2.75	Decaffeinated Ceylon	2.75
Whole camomile flowers	2.75		

Add Lemon **.50**

Served in glass filtered pots

WINE + BEER + CIDER

WHITE

glass bottle

Tarabilla, Blanco, Spain 2013/4 **5.95 17.00**

Pinot Grigio, Galassia, Italy 2013 **19.00**

ROSE

Mas de la Source Reserve, France, 2013 **5.95 17.95**

RED

Solano, Tinto, Spain 2013/4 **5.95 17.00**

Merlot, Goleta, Chile 2013 **19.50**

BEER

Peroni 330ml **3.95**

Corona 330m **3.95**

CIDER

Premium Cider 500ml **4.95**

SWEET

Selection of Cakes, please enquire from **3.95**

TEA CAKE OR TWO CRUMPETS 3.95

+ butter & jam

PANCAKES 6.95

Three buttermilk pancakes served with sliced banana, chocolate sauce, vanilla ice cream & biscuit crumb

WAFFLES 6.95

Two hot waffles served with caramel sauce, sliced banana & vanilla ice cream

FROZEN

ICE CREAM PER SCOOP 1.50

+ chocolate, vanilla or strawberry
One, two scoop or three scoops