

W8 Cafe

TUESDAY LUNCH

Healthy option

Jerk salmon fillet DF

Black Cod fillets DF GF

Cajun chicken breast DF

Poached salmon with tomato and cucumber relish DF GF

Healthy option served with a choice of two sides of rice, salad or steamed vegetables

Take away - £10.50 Eat In - £12.60

Something sweet

Orange, almonds and coconut cake

Chocolate brownie

Take away £5.10 Eat In - £6.10

Selection of coffees, teas and freshly squeezed orange juice are available

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W8 SPECIALS

Jerk salmon fillet DF

Black Cod fillets DF GF

Cajun chicken breast DF

Poached salmon with tomato and cucumber relish DF GF

served with a choice of two sides of rice, salad or steamed vegetables

Take away - £10.50 Eat In - £12.60

Spaghetti Bolognese or chilli con carne

Take away - £8.50 Eat In - £10.20

Turkey with cherry tomato tart

Vegetable tart with stilton cheese V

Take away - £8.50 Eat In - £10.20

Served with a choice of two sides of rice, salads or steamed vegetables

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SALAD BAR

Large Salad **Take away £7.50** **Eat in £9.00**

Regular Salad **Take away £5.50** **Eat in £6.60**

Grilled broccoli with chilli & garlic dressing **GF VG**

Sweet potato wedges **VG GF**

Candy beetroot with goats cheese **V**

Grilled peach with goats cheese, pecan nuts and blueberry and rocket salad **V**

Greek salad **VG**

Coronation chicken

Jerk chicken salad with mixed beans

Lentils salad **VG**

Avocado salad **VG GF**

Steamed vegetables **VG GF**