

Wild.....by TART

Freshly made seasonal soups and stews

Beef short rib curry, whole herbs, pickles, soft boiled egg (e)

Tuscan white bean ribollita, cavolo nero, camone tomatoes, parmesan sourdough crouton (g,d)

Aubergine dhal, curry tarka, popadoms (ve,g)

French onion, chicken and gruyere soup, stilton crouton (d,g,mu)

Selection of seasonal salads

Roasted aubergine, mojo de ajo, basil salsa verde, oregano (ve)

Niciose salad, St Ewe eggs, focaccia, olives, roasted potatoes, green beans, seasonal tomatoes (d,e,g)

Persian jewelled rice salad, pistachio, barberry (ve,n)

Spiced roasted carrots, harrisa saffron glaze, tahini yoghurt, mint, hazelnuts (n,d,se)

Charred broccoli, sweet and sour chilli sauce, preserved lemon labneh, crispy buckwheat (d)

Spring greens, avocado dressing, goat cheese, tomato & ginger chutney, pine nuts (d,n)

Slow braised freekeh, cumin roasted artichokes, wild rocket, herbs, pomegranate (g)

Sandwiches

Focaccia with Za'tar Aubergine, slow roast red onions, tomato & garlic confit, basil, balsamic glaze (g)

Chicken Katsu sandwich, shredded cabbage, jalapeno mayo, tonkatsu sauce (e,g,d)

Rainbow chard, greens and gruyere toastie (d,g)

Daily selection of frittatas, galettes, sausage rolls

Proteins

Herb crusted salmon fillets with dill oil £7pp

Secret Smokehouse Hot smoked salmon £8pp

Kung pao spicy stir fry chicken with peanuts (pe) £6pp

Lemon, thyme and garlic baked chicken breast £6pp

Smoky spiced barbeque Tofu steaks £7pp (ve)