

FOOD MENU

SALADS

SERVED WITH A CHOICE OF DRESSINGS: CAESAR, FRENCH, BALSAMIC

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| CHICKEN CAESAR SALAD | £9.95 |
| SPINACH, BACON & AVOCADO SALAD | £9.95 |
| HALLOUMI & QUINOA SALAD (V) -WITH AVOCADO, PEPPERS & CHERRY TOMATOES | £9.95 |

SPECIALS

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| TUNA WHOLEMEAL PITTA POCKET -WITH CHERRY TOMATOES & AVOCADO | £7.95 |
| SMOKED SALMON & CREAM CHEESE BAGEL | £8.95 |
| SMASHED AVOCADO, CREAM CHEESE & BACON BAGEL | £8.95 |
| RYVITA CRACKERS -WITH SMOKED SALMON, CREAM CHEESE & CUCUMBER | £8.95 |
| -EGG MAYO | £7.95 |
| -TUNA MAYO & CUCUMBER | £7.95 |
| -TOMMO CRACKERS -WITH AVOCADO & SMOKED SALMON | £8.95 |

(V) - VEGETARIAN
(VG) - VEGAN
(GF) - GLUTEN FREE

richard ward

HAIR & METROSPA

FOOD MENU

BREAKFAST

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| TOAST | £2.50 |
| -WITH BUTTER & PRESERVES | |
| GRANOLA MUESLI (V) | £5.95 |
| -WITH BERRIES, YOGHURT & HONEY | |
| SCRAMBLED EGGS & BACON | £6.95 |
| SCRAMBLED EGGS & SMOKED SALMON | £8.95 |
| BACON SANDWICH | £6.95 |
| SAUSAGE SANDWICH | £5.95 |
| SMASHED AVOCADO ON TOAST (V, VG) | £8.25 |

SANDWICHES

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| HOUSE CLUB SANDWICH | £8.95 |
| -WITH CHICKEN, BACON, LETTUCE, TOMATOES & MAYO | |
| TUNA MELT | £7.95 |
| HAM & CHEDDAR | £7.95 |
| TUNA & CUCUMBER | £7.95 |
| BLT | £7.95 |
| FISH FINGER SANDWICH | £7.95 |

ALL SERVED ON A CHOICE OF WHITE, WHOLEMEAL OR SOURDOUGH
ON REGULAR OR TOASTED BREAD

(V) - VEGETARIAN
(VG) - VEGAN
(GF) - GLUTEN FREE