

Slimming Friendly

WHETHER YOU'RE COUNTING SYNS OR JUST WANT A HEALTHIER OPTION,
THIS IS THE MENU FOR YOU.

Please
Order
at the
Counter



BREAKFAST (UNTIL 11.30AM)

Scrambled Egg (no milk or butter) £3.95
with grilled tomatoes, baked beans, two slices of wholemeal toast. 0 syns

Grilled Lean Back Bacon £3.50
with two slices of wholemeal toast. 0 syns

LUNCH

Open Sandwiches

Served on wholemeal bread with a side salad.

- Prawn Marie Rose 1 syn £5.75
- Tuna with Fromage Frais Mayo 1 syn £4.50
- Ham 0 syns £4.50
- Chicken 0 syns £4.50

Jacket Potato

Served with a side salad.

- Prawn Marie Rose 1 syn £7.50
- Tuna with Fromage Frais Mayo 1 syn £6.50
- Baked Beans 0 syns £6.50
- Veggie Chilli 0 syns £6.50
- Tandoori Chicken 0 syns £6.95

Salads

Lettuce, tomatoes, cucumber, celery, red onion, and peppers.

- Beetroot & Feta Cheese 5 syns £7.00
- Tuna with Fromage Frais Mayo 1 syn £7.00
- Tandoori Chicken 0 syns £7.50
- Ham 0 syns £7.00
- Prawn Marie Rose 1 syn £8.50

Soup £4.95
Home made soup served with a slice of wholemeal bread. See the specials board for today's choice. 0 syns

Soup & Half a Sandwich £6.50
Wholemeal bread with a choice of Tuna Mayo, Coronation Chicken, Cheese & Tomato, BBQ Pulled Pork, or Roast Ham.
Depending on your sandwich filling... 0 – ½ syn

Naked Burger (no bun) £6.95
Reduced fat Battam's beef burger topped with tomato, lettuce, onion and gherkin. Served with a jacket potato and side salad. 2 syns

Tandoori Chicken £8.00
With a jacket potato and side salad. 0 syns

SUNDAY ROAST (advance orders only)

Roast chicken £6.95
with roast potatoes, fresh seasonal vegetables, stuffing and gravy. 2 syns

Eton Mess £4.95
Fresh strawberries with meringue and natural fromage frais with sweetener. 2½ syns

NOTES

Syns are calculated on the basis that the wholemeal bread is being counted as your healthy extra B choice and is unbuttered. If you are counting the bread as part of your syns for the day then please add 3 syns per slice.

If you would like an extra light spread on your bread or jacket potato please add ½ syn. We can also add a reduced fat French dressing to your salad, please add ½ syn.