



## *Dine in / Takeaway Menu*

### *Soup of the Day - £2.50*

Homemade Vegetarian Soup with Fresh Ciabatta **V**

### *Hot Flatbreads - £3.95*

Daily meat & vegetarian choices available, flash griddled – made to order **V**

### *Ciabatta - £2.95*

- ~ Pastrami, Red Onion, Gherkins & Mustard Mayonnaise
- ~ Cheddar Cheese, Cherry Tomatoes & Sweet Chutney **V**
- ~ Tuna, Cos Lettuce, Red Onion & Mayonnaise
- ~ Chicken, Bacon, Cos Lettuce & Mayonnaise

### *French Multigrain Loaf - £2.95*

- ~ Paprika Chicken, Red Onion, Mixed Leaves & Pesto Mayonnaise
- ~ Bacon, Cos Lettuce, Plum Tomatoes & Mayonnaise
- ~ Feta, Plum Tomatoes, Mixed Leaves & Lemon Mayonnaise **V**

### *Super Salad - £4.95*

- ~ Chicken, Bacon, Red Rice, Lentils & Beans with Honey & Mustard Dressing
- ~ Wheat Berry, Green Vegetables, Feta & Marinated Olives **V**
- ~ Smoked Salmon, Giant Couscous, Sweet Red Peppers and Rocket with Honey & Mustard

### *Italian Panini - £3.75*

- ~ Prosciutto Ham, Plum Tomatoes, Mozzarella & Pesto
- ~ Chargrilled Vegetables, Mozzarella & Basil **V**

### *High Protein Rolls - £2.95*

- ~ Smoked Salmon, Cucumber & Soft Cream Cheese
- ~ Prosciutto Ham, Cheddar Cheese, Mixed Leaves & Sweet Chutney
- ~ Mozzarella, Cherry Tomatoes, Fresh Basil & Pesto Mayonnaise
- ~ Homemade Hummus, Roasted Red Peppers & Mixed Leaves **V**

**V: Vegetarian**

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Please note, Spokes cannot guarantee that any product on this menu is totally free from nut derivatives and that fish products on this menu are free from all bones. If you have any food allergies or intolerances, please let a member of the team know.