

## SALADS & WRAPS

£4.80

Choose a base salad of Mixed Leaves, Noodles or Pasta

### 1. TUNA NICOISE

Dolphin-friendly Tuna, French Beans, Boiled Egg, Baby New Potatoes & Red Onion & Vinaigrette

### 2. CHICKEN CAESAR

Breast of Chicken, Cherry Tomatoes, Cucumbers, Parmesan, Croutons & Caesar Dressing

### 3. CRAYFISH

Crayfish Tails, Avocado, Cherry Tomatoes, Grilled Peppers, Spring Onions & Lemon Vinaigrette

### 4. ESCALOPE

Breaded Chicken, Tomatoes, Sweetcorn, Cucumber, Courgettes & Caesar Dressing

### 5. MOZZARELLA (v)

Baby Mozzarella, Grilled Peppers, Sun-dried Tomatoes, French Beans, Olives & Pesto Dressing

### 6. GREEK (v)

Feta or Goats Cheese, Olives, Tomatoes, Cucumber, Houmous, Balsamic & Olive Oil Dressing

### 7. CHORIZO

Chorizo, Baby New Potatoes, Cherry Tomatoes, Courgettes, Olives, Red Onions & Vinaigrette Dressing

### 8. ARCO CLUB

Breast of Chicken, Crispy Bacon, Cheddar, Avocado, Cherry Tomatoes, Balsamic & Olive Oil Dressing

### 9. PAVILION (v)

Grilled Peppers, French Beans, Avocado, Pine Nuts, Parmesan, Red Onion, Balsamic & Oil Dressing

### 10. PASTA SALAD

Tuna Fusilli with Sundried Tomatoes, Onion, French Beans, Courgettes & Vinaigrette Dressing

## JACKET POTATOES

Plain or Butter	£2.50
Coleslaw (v)	£3.30
Cottage Cheese or Cheddar (v)	£3.80
Cheese & Beans (v)	£4.40
Bolognese	£4.40

Standard VAT charged for all deliveries

## GOURMET SANDWICHES

£4.50

Ciabatta or Focaccia

### 1. THAI CHICKEN

Breaded Chicken, Mushrooms, Fresh Coriander & Sweet Chilli Sauce

### 2. TRI COLORE (v)

Mozzarella, Plum Tomatoes, Avocado & Fresh Basil

### 3. PARMA

Breaded Chicken, Parma Ham, Blue Cheese & Fresh Basil

### 4. TUNA MELT

Dolphin Friendly Tuna, Bell Peppers, Sweetcorn & Grated Cheddar

### 5. ITALIAN

Parma Ham, Mozzarella, Plum Tomatoes & Fresh Basil

### 6. GENOVESE

Chicken, Mozzarella, Plum Tomatoes & Pesto Sauce

### 7. GREEK HOUMOUS (v)

Feta Cheese, Grilled Vegetables, Houmous & Baby Spinach

### 8. MEATBALLS

Italian Meatballs, Mozzarella, Herbs & Napoli Sauce

### 9. FLORENTINE (v)

Spinach, Mozzarella, Sun-dried Tomatoes & Boiled Egg

### 10. ARCO (v)

Goats Cheese, Portobello Mushrooms & Roasted Peppers

Please heat in microwave

Tuna Mayonnaise	£4.00
Chilli Con Carne	£4.40
Crispy Bacon & Cheese	£4.50
Smoked Salmon & Cottage Cheese	£5.50
Add Side Salad	£1.50
Extra Fillings	£1.20

# BREAKFAST

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(24hrs notice required)

Bacon Sandwich	£ 3.00
Sausage Sandwich	£ 3.00
Egg & Bacon Sandwich	£ 4.00
Egg & Sausage Sandwich	£ 4.00
Cheese Croissant	£ 2.40
Ham & Cheese Croissant	£ 2.80
Egg & Bacon Muffin	£ 2.80
Egg & Cheese Muffin	£ 2.80
Ham & Cheddar Bagel	£ 3.80
Cheese & Avocado Bagel	£ 2.90
Smoked Salmon & Cream Cheese Bagel	£ 4.70
Crispy Bacon & Cheddar Bagel	£ 4.00

Plain Croissant	£ 1.20
Pain Au Chocolat	£ 1.20
Danish Pastries	£ 1.50
Portuguese Custard Tarts	£ 1.50
Portuguese Lemon Rice Cakes	£ 1.50
Jam Donuts	£ 1.50
Custard Donuts	£ 1.50
Apple Donuts	£ 1.50
Fresh Fruit Salad	£ 2.20
Blueberry/Chocolate Muffin	£ 1.80

## HOT DRINKS

	Small	Large
Espresso	£1.60	£2.10
Americano	£1.80	£2.30
Latte or Cappuccino	£1.80	£2.30
Hot Chocolate	£1.80	£2.30
Mocha	£2.10	£2.60
Tea	£1.20	£1.60
Selection of Herbal Teas	£1.50	£1.90
Flavourings	add	50p each

Standard VAT charged for all deliveries

# PASTA

£4.80

Our Pasta is freshly prepared & our sauces are made in-store  
Please heat in microwave

## 1. GAMMON HAM

With Cream & White Wine Sauce

## 2. BOLOGNESE

Our own recipe with Pure Beef & Herbs

## 3. ARRABIATA (v)

Tomato & Chilli Sauce

## 4. SMOKED SALMON

With Cream & White Wine Sauce

## 5. HOME MADE LASAGNE (24hrs notice)

Pure Beef layered between Pasta & Bechamel Sauce

## 6. VEGETARIAN RISOTTO (v)

Fresh Vegetables & Home Made Tomato Sauce

## 7. CHICKEN & PESTO

With our Fresh Homemade Pesto Sauce

## 8. MUSHROOM ALFREDO (v)

With Grilled Mushrooms & a Hollandaise Parmesan Sauce

## 9. CHICKEN ESCALOPE & ROCKET

Pan Fried Breaded Chicken, Fresh Rocket & Tomato Salsa

## 10. VEGETABLES & PESTO (v)

With Grilled Vegetables & Homemade Pesto Sauce

## 11. PRAWNS AND MILD CURRY SAUCE

Fresh Greenland Prawns & Creamy Curry Sauce

## 12. MEATBALLS & TOMATO

Italian Meatballs & Herbs with Tomato Salsa

## 13. THREE CHEESE & SPINACH

Creamy 3 Cheese Sauce with Fresh Spinach