

SUMMER SPECIALS



BIRCHER MUESLI

Allergens: **MILK**. 160 kcal.

THE PERFECT SUMMER BREAKFAST

English oats, grated apple, Devon apple juice (added Vitamin C), live natural yoghurt, sultanas, raisins, mango & pumpkin seeds

(a plant based option is also available)

MACKEREL PATE

Gluten Free. Allergens: **FISH, MILK**. 340 kcal.

IDEAL FOR A LIGHT SUMMER BITE

Hot smoked British mackerel, Philadelphia cream cheese, fresh lemon juice, fresh horseradish, capers served with lemon & Olina gluten free crisp wafer crackers.



TUNA NICOISE

Gluten Free. Allergens: **FISH, EGG**. 270 kcal.

CRACKING LUNCH BY THE SEA

Skipjack tuna, ratte fingerling potato, vine tomato, free range egg, lettuce, fine beans, Kalamatta olives, anchovies, nicoise dressing (extra virgin olive oil, red wine vinegar, fresh garlic).

(a plant based version is also available)



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