



SUMMER MENU

FROM THE COUNTER

VEGGIE

SUMMER VEG TART

v/gf
Roasted courgette, bell pepper, cherry tomatoes, mushrooms, red onion and cheddar on a puff pastry base. Topped with avocado & basil dressing and rocket.

MEAT

TURKEY FRITTER

v/gf
Turkey, sage, white onion and apple fritter served with herb yoghurt.

SALADS

RED RICE & PEA

vn/gf
Red rice with peas, quinoa, red pepper, coconut, white onion, mint and lemon.

BETROOT & APPLE

v/gf
Roasted beetroot with sliced apple, goat's cheese chives, rocket, red chicory and walnuts. Dressed with red wine vinegar.

VEGGIE & 1 SALAD £9.50

VEGGIE & 2 SALADS £11.50

1 SALAD £5.25

2 SALADS £8.50

MEAT & 1 SALAD £10.95

MEAT & 2 SALADS £12.75

SAUSAGE ROLL - £4.75

Hop & thyme meaty filling topped with poppy seeds and rosemary, wrapped in golden puff pastry.

VEGGIE ROLL - £4.50

Cheddar, spring onion, paprika, breadcrumbs and a touch of cream, with sunflower seeds, wrapped in golden puff pastry.

MEATY STRAW - £2.80

Streaky bacon and mature cheddar wrapped in puff pastry, topped with smoked paprika.

CHEESE STRAW - £2.50

Mature cheddar cheese wrapped in puff pastry, topped with toasted pumpkin seeds.

FROM THE KITCHEN

RAINBOW BOWL - £10.75

v/gf/df/vno
Cannellini bean mash, beetroot pickled egg, tri-colour quinoa, baked tenderstem broccoli, house pickled mouli & carrots, turmeric roasted cauliflower & thinly sliced golden & yellow beetroot. Topped with soy roasted pumpkin & sunflower seeds.

add smoked salmon - £3.00
add halloumi - £2.95

SUPERB SMASHED AVO - £8.95

v/gfo/df/vno
Juliets homemade beetroot hummus, lemon and lime smashed avocado, feta, toasted super seed mix and purple amaranth sprouts on toasted sourdough. Served with a dill, parsley, tomato and pickled onion salad.

add a poached egg - £1.50
add streaky bacon - £2.25

THE NEPTUNE - £9.95

gfo/df/vno
Avocado, basil, mint & garlic yoghurt, watercress & fresh prawns. Sprinkled with poppy, hemp, linseed & amaranth seed mix, drizzled with sweet chilli. Served on toasted sourdough with a wedge of lemon.

add a poached egg - £1.50

SANDWICHES

FABULOUS FALAFEL WRAP - £6.95

vn/gfo
Pecan & parsley falafel, cannellini mash, ribboned carrots, fresh spinach & amaranth sprouts in a tortilla wrap.

THE FIGARO - £7.00

gfo
Juliets own fig, basil & thyme marmalade, prosciutto, chorizo, black olives, brie & rocket. Served toasted on sourdough.

TOASTED

OPEN AVOCADO - £8.75

gfo/vno
Smashed avocado, beef tomatoes, halloumi, mung beans & house herb oil on toasted sourdough.

CHEESE & HAM - £5.50

gfo
Mature cheddar and Fullers baked ham.

TOASTED

CHEESE & TOMATO - £5.25

gfo
Mature cheddar with beef tomato.

TOASTED

PLEASE ALERT STAFF OF ALLERGIES OR INTOLERANCES

GF-gluten free DF-dairy free V-vegetarian VN-vegan GFO-gluten free option DFO-dairy free option VNO-vegan option