

WELCOME  
**KITCHEN**

Lunch Menu served from 11.00 to 16.30

**Soup & bread**

Homemade soup of the day, bread & butter (v) £5.50

**Sandwiches**

Scottish smoked salmon sandwich £6.95  
*Scottish smoked salmon & cucumber on brown bread, mixed leaf salad*

Avocado BLT, smoked chili jam £5.95  
*Bacon, lettuce, tomato, avocado in sourdough bloomer*

Rainbow sandwich (v) £5.50  
*Golden beetroot, radish, yellow pepper & harissa hummus in focaccia bread*

**Salads**

Moroccan spiced freekeh, baby sun blush tomato & goat's cheese, £9.50  
parsley dressing (v)

Asparagus, Jersey royal potatoes, soft boiled eggs, crushed peas, £9.50  
hazelnut oil vinaigrette

Smoked mackerel, fine green beans, apple & watercress salad, £11.50  
horseradish dressing

Chicken & kale salad, beetroot, cherry tomato, orange and sesame £11.95  
dressing

**Main Courses**

Wellcome Kitchen burger £12.50  
*Smoked Applewood cheese, gherkins, tomato, mayonnaise choice of side*

Pan fried sea bream, caponata & salsa verde £13.00

Gnocchi & basil tomato sauce, freshly grated Parmesan (gf) £11.50

Portobello mushroom steak, avocado chimichurri dressing and fries (v) £9.50

**Side Orders**

Fries (v) £3.50

Sweet potato fries (v) £4.00

Mixed leaf salad, lemon dressing (v) £3.50

Bread with early harvest olive oil (v) £3.00

Buttered kale £3.00

**Puddings**

Warm chocolate brownie & ice cream (gf) (v) £5.00

Lemon posset (v) £5.00

Tiramisu £5.75

Ice cream (vanilla, gin and tonic, chocolate, flat white) (gf) (v) £3.75

Snacks & sharing platters available Thursday evenings and First Fridays

Afternoon tea served 15.00 -17.30

We use a wide range of ingredients in our kitchen some of which may contain allergens. If you have a specific dietary requirement, please let us know. We would love to tell you what's in our food to assist with your choice.