

SERVED 11AM 'TIL 3PM

## LUNCH PLATES

### HOT MAIN DELI PLATE £11.50

A BIG PLATE OF TIME FOR MEZZE GOODNESS  
CHOOSE BETWEEN...

MEDITERRANEAN  
STYLE PULLED  
CHICKEN

TURKISH  
STYLE ROASTED  
CAULIFLOWER (VE)

HARISSA  
ROASTED  
MUSHROOMS (VE)

...THEN CHOOSE A MEZZE DIP

SERVED WITH ALL 3 OF OUR SALADS - SEE BELOW -  
HOMEMADE PITA SLICES, GARLIC YOGHURT DRESSING (VE OPTION  
AVAILABLE, PLEASE ASK ) & PICKLES

ADD HARISSA  
HONEY HOT  
SAUCE FOR  
50P

ADD  
CRUMBLLED  
FETA  
CHEESE  
FOR £1

### LOADED PITA £8.50

CHOOSE BETWEEN MEDITERRANEAN STYLE PULLED CHICKEN, TURKISH  
STYLE ROASTED CAULIFLOWER (VE) OR HARISSA MUSHROOMS (VE) THEN  
CHOOSE A MEZZE DIP TO GO ON THE BASE (V/VE)

SERVED ON A WHOLE HOMEMADE PITA WITH SLAW (VE), GARLIC YOGHURT  
DRESSING (OR VE OPTION PLEASE INFORM US) & PICKLES.  
PERFECT FOR LUNCH

## THIS WEEKS SALADS

## LIGHTER BITES

### TWO DIP PLATE (V/VE) £7

CHOOSE ANY 2 X MEZZE DIPS AND 1 OF OUR SALADS  
SERVED WITH HOMEMADE PITA & PICKLES. GREAT FOR THOSE WITH  
A LIGHTER APPETITE

ADD PULLED  
CHICKEN, ROASTED  
CAULIFLOWER OR  
HARISSA MUSHROOMS  
FOR £3

### DELI SALAD BOWL (V/VE) £6.50

A BOWL OF ANY OR ALL OUR SALADS  
SERVED WITH GARLIC YOGHURT DRESSING (OR VE OPTION)  
& PICKLES. FRESH, HEALTHY AND TASTY!

### FETA AND CHEDDAR PITA TOASTIE (V). £4.50

OUR TAKE ON A GRILLED CHEESE. HOMEMADE PITA BREAD FILLED WITH  
FETA, CHEDDAR AND A LITTLE SPRINKE OF ALEPPO PEPPER

ADD SUNDRIED TOMATO PESTO OR  
HARISSA HONEY CHILLI SAUCE FOR £1

## MEZZE DIPS

GARLIC  
HUMMUS  
TOPPED WITH  
HOUSE SALSA AND  
SUMAC (VE)

HARISSA  
HUMMUS  
TOPPED WITH ROASTED  
PEPPERS AND ALEPPO  
PEPPER (VE)

WHIPPED  
FETA  
TOPPED WITH  
HONEY AND ALEPPO  
PEPPER (V)

BEETROOT  
AND MINT  
YOGHURT  
(V)

ENJOY A LARGE PORTION OF DIP SERVED WITH HOMEMADE PITA OR CRUDITES £5

MORE FOOD THIS WAY

## LIGHTER BITES

### BRUSCHETTAS

£3.50 OR 3 FOR £10

SERVED ON TOASTED BREAD

CHOOSE FROM...

- WHIPPED FETA, SUNDRIED TOMATO PESTO, HONEY AND ALEPPO PEPPER (V)
- GARLIC HUMMUS, HOUSE SALSA, PICKLED ONIONS AND SUMAC (VE)
- HARISSA HUMMUS, ROASTED PEPPERS AND ALEPPO PEPPER (VE)

## EXTRA SNACKS AND SIDES

PERELLO OLIVES AND PICKLED GARLIC (VE) £4.50

SOFT PITA BREAD (VE) £1.50

HOUSE PICKLES (VE) £3

SMALL DELI SALAD PORTION (V/VE) £4

CRUDITES (VE) £2.50

## SOMETHING SWEET

### OLD SOUL BAKERY X TFM BAKES

EXCLUSIVE FLAVOURS FOR OUR EATERY FROM  
OLD SOUL BAKERY, BASED IN CHORLEY

- PECAN, CARAMEL AND TAHINI BROWNIE £3.50
- PISTACHIO, RASPBERRY AND WHITE CHOCOLATE STUFFED COOKIE £4

ENJOY IT WARM WITH ICE CREAM FOR AN EXTRA £2

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CHECK OUT OUR DELI  
FRIDGE FOR MORE  
HOMEMADE DESSERTS  
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WE ARE ALSO OPEN ON THURSDAY AND FRIDAY EVENINGS!  
CHECK OUT OUR EVENING SET MENU HERE

TIME FOR  
MEZZE

