



Lunch

Midday-2.30pm

Light lunches served till 4pm

NIBBLES

Olives 3.95
Lily's house 'hot nuts' (vegan & GF) 3.95
Flatbread 1.50
Hummus (vegan & GF) 3.50

SOMETHING EXTRA SPECIAL...

Moroccan chicken. Fragrant breast of chicken tagine served with rice. (GF) 9.95

Satay cauliflower and chickpea curry.
Flatbread, or poppadoms and sweet chilli sauce (Vegan and GF option available) 8.95

Low and slow lamb hummus. Slow cooked pulled lamb, hummus, crispy onions, pomegranate, and flatbread. (GF option available) 11.95

Parma ham and warm camembert salad.
With mixed leaf, pears, caramelised walnuts and a honey mustard dressing 9.95

FOR ONE OR FOR SHARING...

Baked camembert. Whole baked Camembert with garlic and rosemary. Served with soft white bread, lightly toasted. (GF option available) 9.95

Add some nibbles for a real feast.

We are pleased to announce that the Cafe at Urban Jungle will be able to provide both gluten and non-gluten containing dishes.

Although all procedures are followed to try to eliminate cross-contamination, we cannot guarantee that there will not be traces of gluten in our gluten free products.

If you have any allergies or intolerances, please speak to a member of the team before placing your order.

LIGHT LUNCHES

Soup of the day. Served with soft white bread, and butter (GF option available) 5.95

Frittata of the day, Made with free range eggs. Served with lightly dressed leaves. (GF option available) 7.95

Loaded Sandwiches or Baguette

Soft white bread, or baguette, loaded with your chosen filling and served with salad, crisps and coleslaw. 8.95

BLT - Bacon, lettuce and tomato.

Ham and mature cheddar with wholegrain mustard mayonnaise (GF toastie available).

Smoked salmon, labneh and cucumber.
House hummus and roasted red pepper (V).

CAKES AND PUDDINGS

Brownie Sundae homemade brownie, local ice cream, whipped cream, chocolate sauce and chopped nuts (GF) 5.95

Local handmade mango sorbet (vegan) 4.95

Local handmade ice cream (ask the team for today's flavours) 4.95

Selection of cakes from (GF, DF and Vegan available) 3.10

Our food is freshly prepared. and although we do our best to get your order to you promptly, we'll never win an award as a 'Fast Food' establishment. Your food order will usually take at least 20 minutes to arrive, and possibly longer in busy periods.

Why not order some olives, nuts, or bread and hummus if you're famished and need an instant nibble.

Service is not included. All tips go to the Café team.