



## MENU

9 Brunswick Road, Penrith, CA11 7LU. Telephone orders welcome (01768) 744240

### **BAGUETTES, WRAPS AND JACKET POTATOES**

CHEESE & BANKDALE APPLE CHUTNEY	£2.50	TUNA SAVOURY	£2.60
ROAST VEG & SMOKED HOUMOUS	£2.50	CHICKEN, HAM & PARMESAN	£2.70
BRIE, GRAPE & HOMEMADE TOMATO RELISH	£2.50	HAM & WHOLEGRAIN MUSTARD	£2.50
ROASTED MED VEG, FETA & PESTO	£2.70	HAM & COLESLAW	£2.60
EGG MAYONNAISE & SUNBLUSH TOMATOES	£2.50	WENSLEYDALE CHEESE & COLESLAW	£2.60
SMOKED SAUSAGE & RED ONION MARMALADE	£2.80	CHEESE & MR VIKKI'S NIGELLA CHUTNEY	£2.50
CHICKEN AND BANANA HABANERO	£2.80	EAT IN BAGUETTES WITH SALAD & CRISPS	£4.50
HOMEMADE PICALILLI WITH HAM OR WENSLEYDALE CHEESE	£2.80	EXTRA FILLINGS	40P

### **OTHER LUNCHTIME OPTIONS**

HEALTHY OPTIONS – SERVED WITH CRISPBREADS/RICECAKES AND SALAD

• CHICKEN & SUNBLUSHED TOMATOES	£3.50	• ROAST VEG & SMOKED HOUMOUS	£3.50
• AVOCADO, LEMON & BLACK PEPPER	£3.50	• TOMATO SALSA	£3.50

SWEET POTATO WEDGES WITH EITHER SMOKED HOUMOUS OR CHILLI MAYONNAISE	£2.50 /	£3.00
SOUP OF THE DAY WITH A HOMEMADE ROLL (ASK US WHAT WE HAVE)	£2.50 /	£3.25

### **CAKES AND TRAYBAKES**

VARIOUS FRESHLY BAKED CAKES AND TRAY BAKES (INC LOW GLUTEN) £1.50 - £2.00 SLICE

### **DRINKS**

FARRER'S TEAS AND COFFEES, AND OUR DARK CHOC HOT CHOCOLATE TO TAKE AWAY £1.70 – £2.50

**BUFFETS AND LUNCHESES CATERED FOR  
FRESH FLOWERS BY LAURA FOR ANY OCCASION**

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9 Brunswick Road, Penrith, CA11 7LU. Tel (01768) 744240. Website [www.greenwheat.co.uk](http://www.greenwheat.co.uk)*