

## SOUPS

<b>Chicken Soup</b>	5.50
Traditional chicken soup	
<b>Veg Soup of the day (v)</b>	4.80

## SALAD / PROTEIN PLATES

<b>Salad Plate (v)</b>	6.50
ASSORTMENT OF FRESH SALADS INCLUDING: Potato, cabbage, mediterranean, sweet potato, coleslaw, tabbouleh and hummus	
<b>Protein Plate</b>	9.50
SALAD ASSORTMENT WITH A CHOICE OF: Smoked Salmon <i>or</i> Rotisserie Chicken <i>or</i> Salt Beef	

## SANDWICHES

<b>Smoked Salmon on bagel/rye</b>	5.80
add a salad plate	9.30
Manchester Smokehouse salmon, squeeze of lemon, black pepper, onion	
<b>Salt Beef on bagel/rye</b>	5.80
add a salad plate	9.30
Homemade salt beef, pickled cucumber and mustard	
<b>Roast Chicken on bagel/rye</b>	5.80
add a salad plate	9.30
Rotisserie chicken, mayonnaise and pickled cucumber	
<b>Egg Mayo on bagel/rye (v)</b>	4.80
add a salad plate	8.30
Farm eggs, mayonnaise, topped with sliced tomato	
<b>Hummus on bagel/rye (v)</b>	4.80
add a salad plate	8.30
Homemade hummus, tabbouleh and a hint of chilli	

## HOT DOGS

*Served with mustard, ketchup and fried onions*

<b>Chicago Hot Dog</b> - all-beef, jumbo 90g	5.50
add a salad plate	9.00
<b>Hot Dog</b> - all-beef hot dog	4.20
add a salad plate	7.70
<b>Veggie Dog (v)</b>	4.50
add a salad plate	8.00

## BREAKFASTS AVAILABLE UNTIL 11AM

*all served with a toasted bagel*

<b>Scrambled Breakfast</b>	5.00
Scrambled eggs and toasted bagel	
<b>Smoked Salmon Breakfast</b>	7.50
Smoked salmon and scrambled eggs	
<b>Lulu's Beef Breakfast</b>	7.50
Fried beef, scrambled eggs and fried tomato	
<b>Vegan Breakfast (v)</b>	5.50
Sautéed fresh peppers, tomato, onions and spicy beans	
<b>Mediterranean Breakfast (v)</b>	6.20
Homemade hummus, chopped salad, boiled eggs with nuts & seeds	

## TEA & COFFEE

*Please note: we use only NON-DAIRY milk in our hot beverages*

Tea / Herbal	2.40
Americano / Latte / Cappucino / Flat White / Mocha / Hot Chocolate	2.80 / 3.00
Espresso / Double Espresso	1.80 / 3.20



WE OPERATE A DAIRY FREE KITCHEN.



OUR TAKEOUT PACKAGING IS COMPOSTABLE,  
PLEASE DISPOSE OF WITH YOUR FOOD WASTE

**OUR FOOD ENVIRONMENT MAY HANDLE:**

*Wheat, Gluten, Nuts, Eggs, Mustard, Fish,  
Sesame, Soya, Celery or Sulphites.*