MAY HEYDAYS 2025 - Sunday May 4th

BOWLICIOUS
flavoursome food on the go

Proprietor: John Ishmael

Breakfast

5 Item Cooked Breakfast - **£6.50** Bacon or Sausage Bap **£4.00** Porridge with toppings **£3.00**

Lunch

Filled Sandwiches

Chicken Salad	**£3.50**
BLT	**£3.50**
Cheddar Ploughman's	**£3.50**
Coronation Chicken	**£3.50**
Egg, Mayo & Cress	**£3.00**
Just Ham, or Cheese or Tuna	**£2.50**
Cheese & Onion	**£2.50**

Vegan Sandwiches

Vegan Ploughman's	**£3.50**
Vegan Filled Wrap	**£4.00**

GF Rolls

Chicken	**£3.50**
Cheese	**£3.50**

Salad Bowls. **£10.00**

(Choice of Protein & Sauce, served with couscous, or seasoned fries, or half and half, and Salad).

Options: Lemon & Herb Chicken GF Peri Peri Chicken GF

Buffalo Cauliflower (incl. bean salad) Vegan

Sweet potato falafel (incl. bean salad/chickpeas) Vegan & GF

Dessert / Fruit **£3.00** Mango & Yoghurt pot Fruit Pot (apple, grapes)

Dinner

Mains £11

Thai Chicken & Coconut Curry GF Or, Beef Bolognaise GF

Or, Caribbean Sweet Potato & Black Bean Cassoulet GF/V

Served with Flavoured Rice / Pasta and Salad, Naan Bread or Garlic Bread

Desserts £3.00

Apple Crumble & Custard GF/V Or, Raspberry Cheesecake