

## Lunch Menu

*Sandwiches are served on authentic Cuban bread with a red cabbage coleslaw garnish*

### Lunch Sandwiches £5.75

#### Suffolk Pork Sandwich

Grilled and sliced Suffolk pork sausage, spicy tomato sauce, fried onion, baby spinach and fresh herbs

#### Portobello Mushroom (v)

Mozzarella, red pepper, red onion, baby spinach, fresh herbs and a sweet chilli dressing

#### Halloumi and Fried Onion (v)

Red pepper, baby spinach, fresh herbs and cranberry tartar

#### Baja Sandwich (v)

Guacamole, tomato, red onion, Jalapeño, baby spinach, fresh herbs and garlic aioli

#### BLT

Smoked streaky bacon, iceberg lettuce, tomato and mayonnaise

---

### ½ Sandwich & Feature Soup

Choose from any lunch sandwich

£7.75

### ½ Sandwich & ½ Salad

Choose from any lunch sandwich, and Alpha Omega or Not a Caesar Salad

£6.00

### ½ Salad & Feature Soup

Choose from Alpha Omega or Not a Caesar Salad

£7.50

(v) Suitable for Vegetarians

Please inform us of any allergies or special dietary requirements

## #No4 Hash

**Mon - Sat: Until 2pm**

**Sun: Until 3pm**

*All served with fried breakfast potatoes  
and topped with 2 poached eggs and  
hollandaise sauce*

**Grilled Suffolk Sausage** £8.50

with red pepper, red onion and baby  
spinach

**Chopped Flat Iron Steak** £9

with black bean salsa, spring onion  
and garlic aioli

**Moroccan Spiced Chicken** £9

with mushroom, red pepper and fried  
onion. Tossed in a Ras el Hanout  
spiced tomato sauce

**Portobello Mushroom (v)** £8.50

with red pepper and red onion. Tossed  
in roasted garlic cream sauce

**Smoked Streaky Bacon** £8

with red and green onion, black bean  
salsa and garlic aioli

**Poutine Hash** £8

with fresh cheese curds, chicken gravy  
and fresh herbs

**Fine Bean (v)** £8

with red pepper and red onion. Tossed  
in spicy tomato sauce and topped with  
tzatziki



**10% DISCOUNT FOR MEMBERS**

Ask at the bar for details

(v) Suitable for Vegetarians

Please inform us of any allergies or special dietary requirements