

## Lunch Menu

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

### Lunch Sandwiches £5.75

#### **Baja Sandwich** (VG)

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

#### **Barbecue Pork Sandwich**

Grilled and sliced Suffolk pork sausage, barbecue sauce, mayonnaise, fried onion, baby spinach and fresh herbs

#### **Portobello Mushroom** (VG)

Red pepper, red onion, baby spinach, fresh herbs and a vegan ranch dressing

#### **Vegan Banh-Mi** (VG)

Seitan, water chestnuts, jalapenos, pickled vegetables, sesame chilli, mayonnaise, baby spinach and fresh herbs

#### **Barbecue Seitan** (VG)

With mayonnaise, fried onion, baby spinach and fresh herbs

#### **BLT**

Smoked streaky bacon, iceberg lettuce, tomato and mayonnaise

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### 1/2 Sandwich & Soup £7.75

Choose from any lunch sandwich

### 1/2 Sandwich & 1/2 Salad £6.00

Choose any lunch sandwich, served with an Alpha Omega salad

### 1/2 Alpha Omega Salad & Soup £7.50

(V) Vegetarian ((VG) Vegan (GF) Gluten Free

Please inform us of any allergies or special dietary requirements

## #No4 Hash

Mon - Sat: Until 2pm

Sun: Until 3pm

**Grilled Suffolk Sausage** (GF) £8.50

With red pepper, red onion, baby spinach and barbecue sauce

**Chopped Flat Iron Steak** (GF) £9

With black bean salsa, spring onion and garlic aioli

**Portobello Mushroom** (V/GF) £8.50

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

**Smoked Streaky Bacon** (GF) £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/GF) £8

With red pepper and red onion. Tossed in spicy tomato sauce and topped with vegan ranch dressing

*Above dishes served with fried breakfast potatoes, 2 poached eggs and hollandaise sauce*

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**BBQ Seitan** (VG) £8

With fried breakfast potatoes, bean sprouts, carrot, daikon, cabbage, onion, portobello mushroom, cavolo nero, fresh herbs and vegan ranch

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