

## LUNCH MENU

### appetizers

crab cakes 10 GF

### soups

seasonal soup of the day 8 GF

### salads

mango salad 10 GF

Mango, red peppers, cabbage and cilantro with a citrus dressing

waldorf salad 10 GF

Apples and celeriac in a honey yogurt dressing

chaat salad 10

Tomatoes, cucumber, chickpeas with lemon and cilantro topped with tamarind yogurt

### entrées

( served with seasonal vegetables, potatoes or rice pilaf )

chicken breast with spinach feta stuffing 15 GF

vegetable tikka masala 15

ratatouille crepe 15

seafood pasta 15

chicken crepe 15

shrimp curry with cilantro 16 GF

beef stroganoff 15

butter chicken 15 GF

salmon with moroccan spice 16 GF

salmon with mango salsa 16 GF

haddock in parchment with mango and cilantro 15 GF

lamb curry 18

chicken tikka masala 16 GF

sourdough bread white 5

sourdough bread whole wheat 5

GF - gluten free