

Rowans *the high street kitchen*

Pasta

Classic Mac Cheese (add sizzling bacon at an extra charge)	5.95p
Spaghetti Bolognese served with garlic bread	7.95p
Beef Lasagne served with garlic bread	7.95p
Spinach & Mushroom Lasagne served with garlic bread	7.95p
Chicken Zafferano Linguine served with garlic bread	9.95p
Creamy Salmon Linguine served with garlic bread	9.95p

Jacket Potatoes

Jacket Potato	3.25p
Additional Fillings cheese, beans, coleslaw or sweetcorn	1.30p
sour cream, bacon, mushrooms or egg mayo	1.80p
tuna mayo sweetcorn, ham, chicken sweetcorn mayo, roasted veg or avocado	2.50p
prawn avocado, spicy mexican tuna, bolognese sauce, chilli con carne	3.25p
grilled chicken breast	4.95p

Salads *all our salads are freshly prepared to order & served with baguette slices*

Mediterranean Salad crumbled feta, olives, mint, parsley, seasonal salads & olive oil drizzle	7.50p
Tuna Salad tuna mayonnaise on a bed of seasonal salads	7.50p
Falafel Salad served with a mediterranean salad, houmous & pitta bread	7.50p
Grilled Chicken chicken breast seasoned & served with seasonal salads	7.95p
Luxury Prawn Cocktail prawns in seafood sauce, avocado, crisp lettuce & seasonal salads	8.95p
Grilled Halloumi Salad charred halloumi, olives, sundried tomatoes, seasonal salads drizzled with house dressing	9.50p
Seafood Salad smoked salmon, prawns, tuna & crab served with seasonal salads	9.50p
Grilled Chicken Caesar chicken breast, seasonal salads, parmesan shavings topped with croutons & caesar dressing	8.95p
Grilled Chicken & Avocado chicken breast, avocado & seasonal salads with a house dressing	9.50p

Fish

Scampi or Fishcakes served with salad or chips & garden peas	9.50p
Fresh Cod lightly battered served with salad or chips & garden peas	9.95p
Seabass Fillets two fillets, rosemary sautéed potatoes & charred asparagus	11.95p
Salmon Fillet grilled or poached, rosemary sautéed potatoes & charred asparagus	11.95p

Kiddies

Luxury Chicken Goujons chicken breast fillet in our flour batter mix served with chips & baked beans/peas	5.95p
Kids Fry Up a choice of either an egg anyway, bacon or sausage served with chips & baked beans	3.95p
Hamburger/Fish Finger or Chicken Nuggets served with chips & baked beans/peas	3.95p
Something Sweet ice cream topped with a choice of either chocolate or strawberry sauce	2.50p

Patisserie & Delights

Vanilla Ice Cream ice cream topped with a choice of either chocolate or strawberry sauce	3.75p
Apple Strudel/Crumble or Pie served hot or cold with a choice of either cream, ice cream or custard	3.95p
Chocolate Fudge Cake served hot or cold with a choice of either cream, ice cream or custard	3.95p
Belgian Waffles served with maple syrup, bananas & a choice of either cream or ice cream	4.50p
Plum & Almond Tart or Carrot Cake served with a choice of either cream, ice cream or custard	3.95p
Vanilla Cheesecake smooth vanilla cheesecake with a berry compote	4.25p
Knickerbocker Glory or Banana Split ice cream, mixed fruit, cream & strawberry sauce	5.95p
Homemade Pancakes a choice of banana & berry compote or chocolate and banana pancakes	5.95p

