

# Rowans

the high street kitchen

## Cold Sandwiches

	Sandwich/Wrap	Bagel/Baguette/Panini Rye/Granary
<b>Cheddar Cheese &amp; Pickle</b>	2.95p	3.25p
<b>Egg Mayo</b> <i>add bacon at an extra charge</i>	3.25p	3.55p
<b>Ham Salad</b>	3.65p	3.95p
<b>Tuna Mayo &amp; Sweetcorn</b>	3.65p	3.95p
<b>Chicken Sweetcorn &amp; May</b>	3.65p	3.95p
<b>Chicken Salad</b>	3.65p	3.95p
<b>BLT</b>	3.65p	3.95p
<b>Prawn Cocktail</b> <i>served with crispy lettuce</i>	4.65p	4.95p
<b>Smoked Salmon</b> <i>with optional cream cheese, lemon &amp; black pepper</i>	4.65p	4.95p

## Hot Sandwiches

<b>Bacon or Sausage</b>	3.45p	3.75p
<b>Egg Anyway (v)</b>	3.45p	3.75p
<b>Chicken Onion &amp; Tomato Chutney</b>	3.95p	4.25p
<b>Chargrilled Vegetables &amp; Houmous</b>	4.65p	4.95p
<b>Ham &amp; Cheese</b>	4.65p	4.95p
<b>Veggie Melt</b> <i>halloumi cheese, peppers, onions &amp; tomatoes</i>	4.65p	4.95p
<b>Winter Warmer</b> <i>halloumi cheese, sweet tomato chutney &amp; red onion</i>	4.65p	4.95p
<b>Tuna Melt</b>	4.65p	4.95p
<b>BBQ Chicken Cheese Melt</b> <i>add bacon at an extra charge</i>	4.65p	4.95p
<b>Big Breaky</b> <i>sizzling bacon, fried egg &amp; a sausage</i>	4.65p	4.95p
<b>Bacon Mushroom Cheese Melt</b>	4.65p	4.95p
<b>Rowans Melt</b> <i>bacon, chicken, ham &amp; melted cheese</i>	4.65p	5.95p
<b>Classic Salt Beef</b> <i>gherkins &amp; mustard on the side</i>	5.65p	5.95p

## Gourmet Sandwiches *served with chips or salad & chunky coleslaw*

<b>The Greek</b> <i>grilled halloumi, sundried tomatoes, roasted vegetable &amp; basil pesto in a toasted wrap or pitta</i>	6.95p
<b>Falafel</b> <i>chilli, garlic aioli, mediterranean salad &amp; houmous in pitta or a toasted wrap</i>	6.95p
<b>The Yankee</b> <i>chicken escalope in a baguette with tomato, red onion, gherkin &amp; house mustard mayo</i>	6.95p
<b>Spicy Peri-Peri</b> <i>spicy chicken, tomato, red onion &amp; crisp lettuce in our house sauce in a choice of any bread</i>	6.95p
<b>Classic Club</b> <i>salt beef or steak, chicken, coleslaw, cheese &amp; salad with mustard mayo in a 3 tier sandwich</i>	7.95p
<b>Manhattan Steak &amp; Cheese</b> <i>sizzling steak, onions, peppers, melted cheese in a choice of any bread</i>	7.95p
<b>Fully Loaded Salt Beef</b> <i>laced with mustard mayo &amp; gherkins in a choice of any bread</i>	7.95p
<b>Mexican Chicken</b> <i>sizzling chicken, peppers, onions, chunky salsa &amp; sour cream &amp; cheese</i>	7.95p

## Starters & Sides

<b>Homemade Chunky Coleslaw</b>	2.95p	<b>Houmous &amp; Pitta</b>	3.75p
<b>Chips</b>	2.50p	<b>Side Salad</b>	3.75p
<b>Chunky Cut Chips</b>	3.50p	<b>Sweet Potato Fries</b>	3.95p
<b>Avocado</b>	3.95p	<b>Falafel &amp; Houmous</b>	3.95p
<b>Grilled Halloumi</b>	3.95p	<b>Smoked Salmon</b>	3.95p
<b>Rowans Rosemary Potatoes</b>	3.75p	<b>Garlic Bread</b>	3.25p
<b>Charred Asparagus</b>	3.75p	<b>Marinated Olives</b>	2.95p
<b>Sauteed Spinach</b>	3.75p	<b>Tomato &amp; Onion Salad</b>	3.75p