

Pulse Cafe Bar

Wrap, Panini or Bruschetta

Available 10am - 6pm

Aged cheddar, homemade onion chutney and corn salad
Spicy Mexican beans, crushed avocado, sour cream and tomato and
coriander salsa **v**

Roast vegetables, rocket and parmesan **v**

Greek salad with mint yogurt **v**

Humus, red pepper and olives **v**

£3.95

Bagel topped with cream cheese, cucumber and alfalfa shoots

£3.95

All served with mixed leaf salad

Cakes

Please ask or see at the bar for selection including vegan choices

£2.00

v - vegan **v- vegan adaptable**

We serve organic and carefully sourced produce wherever possible

We accept most major credit and debit cards for any transaction of £5
and over.

Pulse Menu

Available 11am - 10pm

Snacks and Side Orders

Bread - focaccia or ciabatta v Rice cake or Oat cake v
Olives v Caper berries v Roasted almonds v Mixed
leaf salad v
£1.80

Smaller dishes

Tomato and basil salad v
£2.95

Smoked tofu satay with peanut sambal v

Squash fritters with a pea and mint salad v

Crispy onion rings with tapenade and rocket v

Red onion and goats cheese parcel with pine
nuts

Slow cooked aubergine with free range egg,
capers, parmesan and lemon v

Bombay potatoes with chapatti v

Sicilian sweet and sour onion soup with basil
crutons. **V**

Tomato, mozzarella and basil salad.

£3.95

Assiette of cheeses with celery and grapes
£4.95

All served with bread

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Pizza

Pizza
Tomato and mozzarella

Grilled aubergine, sun dried tomato and goats
cheese

Smoked mozzarella, balsamic onion and mushroom
£5.95

Larger Dishes

Moroccan vegetable stew with
chickpeas, baby spinach and harrissa v

Conchiglie pasta with basil, olive oil and
a baby plum tomato sauce spiked with chilli
v

Corn tortilla topped with spicy beans,
guacamole, ice berg lettuce and sour cream

Wilted oriental vegetables with hoi sin
dressing, sesame seeds and deep fried won
ton crisps. v

Brown cup mushroom risotto with rocket
and parmesan **V**

Leek, potato and gruyere galetta with
baby spinach, leeks and a soft poached egg

All served with bread or a mixed leaf
salad £6.25

Puddings

Baked quince with cardamom ice cream
and amaretti biscuits **V**

Chocolate nut brownie with crème
fraiche

Apple and bramble crumble with toasted
wheat flakes and oats and real custard v

Selection of ice cream including vegan
ice cream **V**

£3.95