

An Tobar Café

Lunch Menu, served 12pm-3pm

Homemade Soup.....small £4 / large £5

(ve) with seedy bread, or oatcakes (gf)

(dairy-free sunflower spread available)

Homemade Hummus..... £5

(ve) with veggies and pitta bread

= classic hummus with olive oil

= harissa chickpea hummus with chilli oil

= cannellini hummus with sumac and olive oil

Salad Bowls.....£7.50

(gf) house salad of mixed leaves, rocket, red onion, cucumber, red peppers and tarragon mustard dressing *with your choice of.....*

= harissa chickpeas, carrot, pumpkin seeds (ve)

= feta cheese, tomato, marinated olives, sumac

= cheddar cheese, celery, apple, spicy slaw

EXTRAS

garlic croutons 50p

seedy bread

pitta bread

oatcakes (gf)

£1

MEZZE

to share

classic hummus

cannellini hummus

pitta, veggies and

marinated olives

£9.50

KIDS

half-size soup with
bread/oatcakes £3

hummus cup with
carrot sticks and
pitta bread £3

all our food is vegetarian

(ve) - vegan

(gf) - gluten-free

An Tobar Café

Lunch Menu, 12pm-3pm

Toastie Favourites.....£5

or **Salad Sandwiches**, on seedy bread
with crisps

- = cheese and onion = cheese and pickle
- = cheese and tomato = cheese and apple
- = cheese, mustard and gherkin
- = hummus and tomato (ve)

Cafe Sandwich Specials.....£7.50

with side salad

- = **Garden Brie Sandwich**, with tomato, rocket and caramelised onion jam, on seedy bread
- = **Sweet Chilli Cheese Toastie**, with red onion and sweet roquito chillies, on seedy bread
- = **Bean and Veg Wrap**, with cannellini hummus, roasted vegetables and spinach, in a lightly toasted wrap (ve)

EXTRAS

- spicy slaw £1.50
- marinated olives
£1.50
- side salad £2

COMBOS

- soup and toastie
favourite £7.50
- soup and sandwich
special £8.50

KIDS

- half-size toastie
or sandwich
with crisps £3
- soup and toastie
or sandwich £5

*all our food is vegetarian
(ve) - vegan
(gf) - gluten-free*