

LUNCH MENU

Served from 11am

Toasted Panini's	£6.8
Served with crisps & seasonal side salad, made to order with fresh ingredients	
- Avocado, mozzarella, rocket & pesto (V)	
- Falafel, spinach, houmous & caramelised onion (VG)	
- Bacon, brie & cranberry	
- Honey-roasted ham & cheddar cheese	
- BLCT – Bacon, lettuce, chicken, tomato	
- Sweet chilli chicken and cheese	
Buddah Bowl	£9.8
Mixed seasonal salad, cous-cous, homemade hummus, fresh avocado, chickpeas, beetroot, pomegranate seeds	
- Add Cajun Chicken breast	
- Or add Cajun Falafel (VG)	
- Mini Buddah (for children)	£5.5
Hot & Ready – A hot homemade dish ready to eat in or take away in a dash.	£5.8
- A weekly special served with a chunk of door stop granary bread	
Pasta Salads – Homemade pasta dishes using fresh produced, served cold	£5.5
- Pesto Pasta with fresh basil	
- Tomato Penne with sundried tomatoes	
Home-made soup of the day	£5.5
Served with a chunk of door stop granary bread	
CAKES	
As listed as displayed, changes daily.	
Gluten Free & plant based available,	
Cream Tea	£6.8
A freshly baked scone, clotted cream & jam with a pot of New Forest Tea	
Headlands Farmhouse Afternoon Tea	£12.5
A selection of freshly made sandwiches, slice of cake of your choosing, freshly baked scone, clotted cream & jam with a pot of New Forest Tea	

Children's portions available

Take away options available

V - Vegetarian VG - Vegan GF - Gluten Free N - Contains nuts