



SAMPLE LUNCH MENU

Served from 12.00 midday

BLISS BOWLS

(Also see the Specials Board)

- Sweet potato & chickpea stew with crusty bread & rice - £8.50
- Homemade soup of the day & chunky bread (see specials board) - £5.50
- Homemade chilli with rice, avocado & sour cream - £8.95
- Thai chicken curry with rice - £8.95

BLISS BOARDS

Meat board – 8.95

mixed salad, chunky bread, Parma ham, salami, chorizo,
stuffed pepper dew peppers, mixed olives, pate

Veggie board - £8.95

mixed salad, pitta bread, mixed olives, sundried tomatoes
Balsamic garlic mushrooms, humous, mozzarella balls, ricotta

Vegan board - £7.95

mixed salad, pitta bread, mixed olives, sundried tomatoes
Balsamic garlic mushrooms, humous, roasted mixed nut

Fish Board - £9.95

mixed salad, smoked salmon pate, garlic prawns, peppered smoked mackerel, roasted
peppers, lemon, chunky bread

Cheese board - £9.95

Coastal cheddar, creamy camembert, Dorset blue vinny,
Homemade parmesan & rosemary biscuits, real ale chutney, balsamic onions, grapes

CHILDREN'S MENU

Humous & crudités - £3.50

carrot sticks, cucumber sticks, cherry tomatoes & pitta bread

Pasta & homemade tomato sauce - £3.50

With grated cheddar cheese

SPECIALS

Please see specials board for our daily changing specials

HOMEMADE CAKES

Have a look at the delicious selection of homemade cakes on the counter.

The cakes are all priced individually.

If you suffer any food intolerances, please speak to a member of our staff who will be happy to help you.