

# *Apé Bars*

@ Grappenhall Heys Walled Garden

## **LUNCH MENU**

Served from 12 midday

---

### ***Mediterranean Falafel***

*Served in a warmed Pitta Bread stuffed with Lettuce, Tomato and Chive served with CousCous a Salad Garnish with Soured Cream and Chive*

### ***Sweet Potato Pakora***

*Served in warmed Pitta Bread stuffed with lettuce and Tomato together with CousCous a Salad Garnish and A pot of Mango Chutney*

### ***ChickPea & Morrocan Bake***

*Served on a Brioche Roll layered with lettuce, tomato & Red Onion together with a Salad Garnish, CousCous and a pot of Mango Chutney*

### ***Spicy Beanburger***

*A Burger with a hint of Chipotle Chili wrapped in a Crispy Parsley Crumb Coating served on a Brioche Bun with a Salad Garnish, CousCous and a pot of Mango Chutney*

*A Selection of Vegetarian Paninis are also available please see the Hot Food Menu*

***Gluten Free and can be served with accompaniments not containing WHEAT, BARLEY or RYE for a small additional charge***

*\*when Available\**

**PLEASE INFORM STAFF**  
***when ordering, if you require***  
**A GLUTEN FREE OPTION**