

# A PINCH OF VEG :: a part of life...

## a warm welcome :: apov :: a part of life...

our units are based on simplicity, we have taken an oriental approach to our layout which offers a quick and easy dining experience.

all orders are immediately dispatched to our kitchen to ensure dishes are prepared immediately ensuring high quality and a fresh taste.

as you can see we like to offer a open kitchen layout ensuring the customer has a visual of what and how items are being prepared, this is very important for us as we pride ourselves on satisfied custom.

please note throughout our premises, outdoors in certain locations, we operate a strict **no smoking policy.**

we accept all the usual methods of payment and we do not add a service charge on your bill.

we hope you enjoy your meal

## fresh juices and smoothies :: fresh means freshly squeezed as you wait

001	orange juice vitamin c, there's no shortage here	£1.50
002	apple, celery and mint juice perfect as a antioxidant and for reducing stress	£2.00
003	orange and carrot one more step towards your 5 a day, bursting with vitamins a and c	£1.50
004	orange apple carrot and cucumber high in energy high in nutrients a perfect start or end to a day	£2.00
005	peach, banana and mango smoothie refreshing and exotic, even have it as a dessert	£2.20
006	strawberry, raspberry, blueberry and banana smoothie berry's gone mad, for all you berry lovers!!!	£2.20
007	lassi sweet made with milk and clotted cream also known as malai from the punjab region	£1.60
008	lassi salty available in a salty version perfect for rehydration on a hot summers day	£1.60

please note we do not use concentrate juice for our smoothie base, we use only the best freshly squeezed apple juice, frozen yoghurt can be added upon request. please avoid the juices if you have a celery allergy

## alcoholic drinks :: what's your tittle!

### beers :: indian, italian, chinese? you choose

601	tiger 330ml (abv 5.0%)	£2.40
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winner of over 30 international gold medals and awards with its first being won in london in 1954, it has a slight herbal hop flavour, crisp, light body, with a hint of clove towards the end, with dry finishes

602	peroni nastro azzurro 330ml (abv 5.2%)	£2.40
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the uk's number one italian premium lager peroni nastro azzurro, (translated from italian means 'blue ribbon'), brewed from the finest spring planted barley malts, has a unique balanced taste with a delicate aroma arising from the hops of the most exclusive varieties

603	kingfisher 330ml (abv 4.8%)	£2.40
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india's best selling beer and winner of several international awards, a clean, refreshing lager, bursting with hops, filling the mouth with citrus and herbs in an intensity of flavour, which is not overwhelmed by hot and spicy food

### wines :: perfect meal, perfect choice

401	merlot vin de pays 13% (red) bottle	£8.95
402	glass	£2.60

soft, ripe fruity flavours. produced by groupe uccoar, a leading wine cooperative on the mediterranean coast

403	pinot grigio veneto 12% (white) bottle	£9.50
404	glass	£2.90

relatively full bodied, fresh with good depth of flavour

405	bordeaux blanc saint vincent baron ac 12% (white ) bottle	£8.95
406	glass	£2.60

dry, well balanced, with soft flavours. made by producta, est. since 1949 and a major producer of wines from bordeaux

407	pinot grigio pink 12% (rose) bottle	£12.50
408	glass	£3.90

409	white zinfandel delicate 10% (rose) bottle	£12.50
410	glass	£3.90

a light, crisp, refreshing wine with a salmon pink hue. judged best usa wine producer in 2001, the delicate family winery is now in its third generation.

## soft drinks :: or maybe something classier?

701	coca cola bottle 330ml	£1.60
702	coca cola diet bottle 330ml	£1.60
703	sprite bottle 330ml	£1.60
704	still water bottle 750ml	£1.60
705	sparkling water bottle 750ml	£1.80

### very much for the adult palette, refreshing non-alcoholic soft drinks

706	presse ginger and lemongrass bottle 250ml	£1.70
707	presse cranberry bottle 250ml	£1.70

### not so soft drinks :: our coffee is made from the finest blend, our tea is chai, a perfect way to relax

800	chai	£1.20
801	green tea	free
802	espresso	£1.20
803	cappuccino	£1.50
804	latte	£1.50
805	coffee	£1.50

chocolate or cinnamon dusting is available on a selection of our warm drinks on request