

# TOULOUS *Suburb*

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## WRAPS

+ in soft tortilla, salad & crisps

|   |              |
|---|--------------|
| <b>VEGGIE</b>   | <b>8.95</b>  |
| Selection of roasted vegetables, feta & rocket                                  |              |
| <b>TRICOLORE</b>  | <b>8.95</b>  |
| Mozzarella, cherry tomato, avocado & pesto                                      |              |
| <b>FALAFEL</b>  | <b>8.95</b>  |
| Chickpea balls, hummus & salad with tabuleh on the side                         |              |
| <b>FISH FINGER</b>  | <b>8.95</b>  |
| Breaded cod, cucumber, lettuce, mayo & gherkins                                 |              |
| <b>SALMON CAESAR</b>  | <b>10.95</b> |
| Chargrilled salmon, cos lettuce, avocado, parmesan & caesar dressing            |              |
| <b>CHICKEN SCHNITZEL</b>  | <b>8.95</b>  |
| Chicken schnitzel, hummus & Israeli salad                                       |              |
| <b>CHICKEN CAESAR</b>   | <b>9.95</b>  |
| Chargrilled chicken, cos lettuce, avocado, parmesan & caesar dressing           |              |
| <b>CHICKEN &amp; PESTO</b>  | <b>8.95</b>  |
| Chargrilled chicken, salad, olives, pesto & parmesan                            |              |
| <b>DUCK</b>   | <b>10.95</b> |
| Aromatic pulled duck, cos lettuce, cucumber, spring onions & hoisin sauce       |              |
| <b>BOREWORS</b>   | <b>9.95</b>  |
| South African beef & lamb sausage with salad, caramelised onions & mustard mayo |              |

## BREADS

+ crisps

|  |              |
|--|--------------|
| <b>SMOKED SALMON &amp; CREAM CHEESE OPEN BAGEL</b>                                   | <b>8.95</b>  |
| On a toasted bagel with Israeli salad  |              |
| <b>AUBERGINE, EGG &amp; HUMMUS BAGEL</b>   | <b>8.95</b>  |
| Aubergine, sun blush tomatoes, hard boiled egg & hummus                              |              |
| <b>CLUB SANDWICH</b>   | <b>10.95</b> |
| Chargrilled chicken, mayo, avocado, crispy bacon & lettuce on toasted white or brown |              |
| <b>SALT BEEF</b>   | <b>10.95</b> |
| Piled high with mustard on rye, pickled cucumber & salad                             |              |
| <b>HOT DOG</b>   | <b>7.95</b>  |
| 7" frankfurter in brioche bun with caramelised onion                                 |              |
| <b>MELTS</b>   |              |
| <b>CHEESE &amp; TOMATO TOASTIE</b>   | <b>6.95</b>  |
| <b>TUNA MAYO &amp; CHEESE TOASTIE</b>  | <b>7.95</b>  |
| + white, granary<br>+ salad & crisps<br>Gluten free +.50                             |              |

## BAKED POTATOES

+ salad

|                       |              |
|-----------------------|--------------|
| Cottage Cheese        | <b>7.95</b>  |
| Cheese                | <b>7.95</b>  |
| Baked Beans           | <b>7.95</b>  |
| Cheese & Crispy Bacon | <b>8.95</b>  |
| Cheese & Baked Beans  | <b>8.95</b>  |
| Tuna Mayo             | <b>9.95</b>  |
| Coleslaw              | <b>7.95</b>  |
| Bolognaise            | <b>9.95</b>  |
| Roasted Vegetables    | <b>10.95</b> |

## LEAVES

+ house dressing

|  |              |
|--|--------------|
| <b>HOUSE</b>   | <b>10.95</b> |
| Chicken, bacon, avocado, egg, cherry tomato, cucumber, roasted red onion & parmesan cheese                       |              |
| <b>ROASTED VEGETABLES</b>  | <b>10.95</b> |
| Selection of roasted vegetables, artichoke, sun-blushed tomatoes & feta  |              |
| <b>BOSCO</b>   | <b>10.95</b> |
| Warm mushrooms, mozzarella, roasted vegetables, sun-blushed tomatoes & avocado with balsamic glaze               |              |
| <b>ROOTS</b>   | <b>10.95</b> |
| Butternut squash, sweet potato, roasted vegetables, halloumi & quinoa with toasted pumpkin seeds                 |              |
| <b>SUPERFOOD</b>   | <b>10.95</b> |
| Feta, avocado, broccoli, cucumber, beans, edamame & quinoa   |              |
| <b>CRAB SMOKED SALMON &amp; AVOCADO</b>  | <b>12.95</b> |
| White crab meat with smoked salmon, avocado & cherry tomatoes  |              |
| <b>NICOISE</b>   | <b>10.95</b> |
| Tuna, olive, hard boiled egg, french beans, cucumber, tomato, new potatoes & cos lettuce                         |              |
| <b>CHICKEN CAESAR</b>  | <b>10.50</b> |
| Chargrilled chicken, cos lettuce, parmesan & roasted croutons with caesar dressing                               |              |
| <b>ASIAN SALAD</b>   | <b>12.95</b> |
| Teriyaki grilled salmon, cos lettuce, avocado, cucumber, edamame, broccoli & sesame seeds with teriyaki dressing |              |
| <b>AROMATIC DUCK</b>   | <b>12.95</b> |
| Aromatic pulled duck, cos lettuce, avocado, spring onions, edamame, cucumbers & pomegranate with hoisin dressing |              |

## PASTA

|  |              |
|--|--------------|
| <b>PENNE NAPOLI</b>  | <b>8.25</b>  |
| Rich homemade tomato sauce & fresh basil                     |              |
| <b>PENNE TOSCANA</b>   | <b>10.95</b> |
| Sundried tomato pesto, peppers & artichokes                  |              |
| <b>SPAGHETTI CARBONARA</b>                                   | <b>10.25</b> |
| Classic carbonara sauce with cream, egg, parmesan & pancetta |              |
| <b>SPAGHETTI BOLOGNESE</b>                                   | <b>9.25</b>  |
| Homemade traditional Italian meat sauce                      |              |
| <b>PENNE PESTO E POLLO</b>                                   | <b>10.95</b> |
| Chicken, olives, cream, basil & pesto                        |              |
| <b>TAGLIATELLE FUNGI</b>                                     | <b>10.25</b> |
| Mushrooms, spinach & cream                                   |              |

## BURGERS + MAINS

+ toasted brioche bun, lettuce, tomato, mayo & coleslaw

|   |              |
|---|--------------|
| <b>CLASSIC</b>  | <b>8.95</b>  |
| 8oz beef  |              |
| <b>CHICKEN FILET</b>  | <b>8.95</b>  |
| Char-grilled chicken  |              |
| <b>FISH FINGER</b>  | <b>9.95</b>  |
| Breaded cod, tartare sauce & gherkins   |              |
| <b>HALLOUMI &amp; MUSHROOM</b>  | <b>9.95</b>  |
| Grilled halloumi and mushroom   |              |
| <b>SHARING PLATTER FOR TWO</b>  | <b>12.95</b> |
| Falafel, hummus, taramasalata, tzatziki, halloumi, olives, tabuleh, leaves & pita |              |
| <b>ISRAELI PLATTER</b>  | <b>10.95</b> |
| Smoked salmon, halloumi, avocado, hummus, olives, Israeli salad & pita            |              |
| <b>SALT BEEF PLATTER</b>  | <b>12.95</b> |
| Salt beef with a pickled cucumber, coleslaw & salad                               |              |
| <b>FISH &amp; CHIPS</b>   | <b>12.95</b> |
| Beer battered cod with fat chips, mint pea puree & tartare sauce                  |              |
| <b>FISH CAKE</b>  | <b>12.95</b> |
| Salmon & cod fish cake with spinach, poached egg & hollandaise                    |              |
| <b>SALMON TERIYAKI</b>  | <b>13.95</b> |
| Teriyaki grilled salmon filet, pad broccoli & jasmine rice                        |              |
| <b>MAC &amp; CHEESE</b>   | <b>8.95</b>  |
| Topped with creamy cheese sauce with melted grated cheese                         |              |
| + bacon   | <b>1.00</b>  |
| <b>SIDE ORDERS</b>  |              |
| Skinny Fries  | <b>3.25</b>  |
| Sweet potato fries  | <b>3.95</b>  |
| Fat fries   | <b>3.95</b>  |
| Coleslaw  | <b>2.95</b>  |
| Mixed salad   | <b>3.95</b>  |
| Marinated olives  | <b>2.95</b>  |
| Onion Rings   | <b>3.95</b>  |
| Mozzarella sticks   | <b>5.95</b>  |

All food is freshly cooked to order



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## KIDS MENU FOR UNDER 8'S **6.95**

+ kids apple or orange juice

Fish goujons & chips

Chicken goujons & chips

Vienna's & chips

Penne plain, cheese, napoli

+ one scoop ice cream  
(vanilla, strawberry or chocolate)

## COLD DRINKS

### FENTIMANS

+ victorian lemonade, pink lemonade, wild english elderflower, mandarin & seville jigger

**3.95**

Bottled coca cola 33cl

**2.75**

Bottled diet coke 33cl

**2.75**

Small bottle water

**1.95**

Kids apple juice

**1.75**

### FRESH FRUIT JUICE

+ orange, carrot, apple

**3.25**

### THICK MILKSHAKE

+ chocolate, strawberry, banana

**3.95**

+ crunchy, aero mint, malteser, kitkat, oreo

**4.95**

### FRESH FRUIT SMOOTHIES

+ berry, exotic, tropical, green

**4.50**

### ICED COFFEE

**3.95**

## HOT DRINKS

### COFFEE

Americano

**2.50**

Espresso

**1.90/2.20**

Cappuccino

**2.35/2.75**

Hot chocolate

**2.50**

Latte or Flat White

**2.75**

Mocha

**2.75**

Cortado

**2.50**

Extra shot

**.30**

Flavoured syrup .50

### FRESH LOOSE LEAF JING TEA

Assam English breakfast

**2.50**

Ceylon Earl Grey

**2.75**

Fresh mint

**2.25**

Rooibos

**2.75**

Fresh lemon & Assam English

**2.75**

Blackcurrant & Hibiscus

**2.75**

Organic Jade Sword

**2.75**

Decaffeinated Ceylon

**2.75**

Whole camomile flowers

**2.75**

Soya or almond milk available

**.30**

Inspired by Asia's great tea cultures, picked & packed at source for unrivalled freshness

Served in glass filtered pots

## WINE + BEER + CIDER

### WHITE

glass

bottle

Tarabilla, Blanco, Spain 2013/4

**5.95**

**17.00**

Pinot Grigio, Galassia, Italy 2013

**19.00**

### ROSE

Mas de la Source Reserve, France, 2013

**5.95**

**17.95**

### RED

Solano, Tinto, Spain 2013/4

**5.95**

**17.00**

Merlot, Goleta, Chile 2013

**19.50**

## BEER

Peroni 330ml

**3.95**

Corona 330ml

**3.95**

## CIDER

Premium Cider 500ml

**4.95**

## SWEET

A selection of gateaux, tarts and loaf cakes, please enquire

### LOAF CAKES

**3.95**

### CAKES & GATEAUX

**4.95**

### TEA CAKE OR TWO CRUMPETS

**2.95**

+ butter & jam

### PATISSERIE, MUFFINS & COOKIES

**2.95/1.95**

## FROZEN

### ICE CREAM

**PER SCOOP 1.50**

+ chocolate, vanilla or strawberry

One, two scoop or three scoops

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 @wearetoulous

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