

# Pulse Cafe Bar & Restaurant

## Wrap, Panini or Bruschetta

Available 10am-6pm

### **Mexican va**

Spicy Mexican beans with guacamole, melted cheese and a tomato and coriander salsa

### **Goat's cheese**

Creamy goat's cheese & red onion marmalade topped with rocket

### **Hummous v**

Traditional hummous with roasted red pepper & black olives

### **Brie**

Melted brie with celery & walnuts

### **Pâté**

Puy lentil & cashew pâté with mushrooms & vegan cheese v

### **Pulse club sandwich v**

Smoked tofu marinated in basil oil, iceberg lettuce, sliced beef tomato and vegan mayonnaise

All served with a mixed leaf salad £5.25

### **Wholemeal toast, toasted crumpets or muffins v**

Two slices with jam & butter

(honey also available)

£2.05

## Snacks and side orders

olives v

mixed leaf salad v

ciabatta with olive oil & balsamic vinegar v

Chunky sweet potato chips with garlic mayo or chilli mayo v

Home-made hummous & guacamole with a selection of organic snack bites or ciabatta v gfa

Two potato cups, brown basmati rice or quinoa

All £2.10 each

Garlic bread / Garlic bread with cheese £2.30 / £2.70

**v- Vegan va – Vegan adaptable**  
**gf gluten free gfa – gluten free adaptable**

## Appetizers

Lime leaf, coconut & vegetable soup with crispy noodles & coriander **v gfa**

Filo wrapped feta sticks with Cranberry, orange & mint dipping sauce

Tomato, basil and mozzarella salad served black olives & roquette **va gf**

Tofu on skewers on a bed of roquette with sweet & sour sauce **v gf**

All are served with wholemeal bread or rice cakes

£4.50

Puy lentil & cashew pâté with toasted ciabatta **v gf**

£4.50

Pulse nachos topped with salsa, guacamole, sour cream and melted cheese **gfa va**

£6.25

Welsh rarebit: Cheese on toast with a poached egg & wilted spinach

£4.95

## Pulse home-made burger selection with toasted ciabatta, or rice cakes

Spicy bean burger **v**

Chickpea burger **v gf**

£6.95 with sweet potato chips

£5.50 without

All served with beef tomato slice, guacamole, onion ring & a mixed leaf salad

## Pulse salad selection

**£7.25 with wholemeal bread or rice cakes**

Roast beetroot, goat's cheese & roquette with a fruity pomegranate dressing **gf**

Grilled halloumi, potato & mushroom medley served on a bed of mixed leaves with lemon, thyme & caper dressing **gf**

## Home-made pizzas

Margherita **va**  
£6.95

Brie & roasted red pepper

Goats cheese, red onion marmalade & chilli  
Both £7.50

## Main dishes

Baked spicy bean enchilada with guacamole, sour cream, tomato & coriander salsa and shredded iceberg lettuce **va**

Black bean & veggie mince chilli with brown basmati rice topped with jalapeño & tortilla chips **v gf**

Butternut squash & feta flan with new potatoes & mixed leaves **gf**

Thai temple curry - a mild coconut based curry with vegetables & chickpeas with quinoa **v gf**

Butterbean & mushroom lasagne in a rich red wine sauce layered with rice sheets & white sauce topped with cheddar cheese **va gf**

Potato cups filled with a choice of filling: Black bean chilli & melted cheddar or Thai temple curry **va gf**

Home-made falafel with spices & lemon in pitta with red cabbage, mixed leaf salad, hummous & chilli sauce **v**

All £7.95 & served with wholemeal bread, rice cakes or mixed leaf salad

## Puddings – all £4.95

Warm chocolate brownie & chocolate sauce **v gf**

Black cherry cheesecake with white choc sauce **gf**

Mandarin & lemon trifle **va**

Toffee apple & date crumble served with custard **v**

Treacle tart with vanilla ice cream **va**