

THE WELLSPRINGS

LUNCHTIME MENU

Served Tuesday to Saturday 11:00 to 14:30

When you order it is important to let us know if you have any allergies. The food is cooked fresh, we can therefore accommodate for any preferences or requirements that you need

STARTER / SNACKS

Homemade Soup served with bread and butter	£3.95
Bacon Butty with a fried egg,	£2.95 (£3.95)
Nachos – Corn tortillas baked in the oven with salsa and melted cheese, topped with lettuce, cucumber, tomatoes, onions and sour cream (VEG & GLUTEN FREE)	£5.95
Quesadillas – A flour tortilla served warm with salsa and melted cheese, topped with guacamole and sour cream. Served with salad (VEG)	£4.95
Fish Cake served with garlic mayonnaise and salad	£5.25
Hot Cream cheese jalapenos served with salad (VEG)	£5.25
Chilli Mango prawns served with salad	£5.25
Taco Bowl – Homemade chilli con carne served with corn tortilla topped with cheese and sour cream and served with salad (GLUTEN FREE)	£4.95
Guacamole served in a corn tortilla bowl topped with cheese and sour cream and served with salad (VEG)	£4.95

MAIN MEALS

Chicken Fajitas served in a wrap, salad and chips	£8.95
Beef Fajitas served in a wrap, salad and chips	£8.95
Wellsprings Burger topped with cheese and bacon and served with salad and chips	£7.95
Chicken Breast wrapped in bacon and served in a white wine and mushroom sauce with chips and salad	£8.95
Mexican Chilli served in a corn tortilla bowl with chips and salad, or can have rice as GLUTEN free option	£7.95
Fish Finger Sandwich - served with tartar sauce , salad and chips	£7.95
ENCHILADAS (CHICKEN OR VEGETABLE OR BEEF) A choice of one of the above fillings wrapped in a tortilla with salsa, onions and peppers and baked in the oven, with melted cheese. All served with salad and chips. Can have rice and gluten free wrap as gluten free option. Please specify when ordering	£7.95