



ALMA

LUNCH AT THE TABLE

MAIN COURSE

Every main course comes with one portion of any of our freshly made salads.
You can also choose a second salad or a side dish for an additional £3

CHICKEN MILANESE Traditional chicken Milanese made with free range chicken and breadcrumb	£9.5
MEDITERRANEAN CHICKEN SKEWERS Marinated tender chicken cubes with roasted peppers, courgettes and onions	£9.5
CLASSIC BEEF LASAGNA With tender minced beef ragu	£10.5
CHICKEN & MUSHROOM PIE With baby leaf spinach, mushroom and leeks, topped with bechamel sauce	£10.5
SCOTTISH SALMON FILLET Chargrilled salmon fillet served with lemon and dill	£12.5
TIGER PRAWNS Served with Sicilian cherry tomatoes, onions and parsley	£12.5
THE BURGER Succulent chicken burgers with breadcrumbs	£9

FRESHLY SQUEEZED JUICES

ORANGE / APPLE / CARROT	£3.25
BARNES BODY WARMER (apple, carrot, lemon, ginger)	£3.95 each
PASSION JUICE (passion fruit, pineapple, apple)	
MOROCCAN MINT (pineapple, apple, mint, lime)	
GREEN GODDESS (apple, celery, cucumber, ginger, spinach)	

SALAD BAR

Because all our salads are freshly made every day with seasonal and locally sourced produce, their ingredients may vary slightly.
Please see our deli counter for today's varieties or ask your server for today's specials.

ONE SALAD: £4.5 TWO SALADS: £8
THREE SALADS: £10.5

FIG & WALNUT SALAD Figs, goat cheese, walnuts, touch of honey
AVOCADO SALAD With Sicilian cherry tomatoes, spring onions, herbs
GREEN BEAN SALAD With lettuce, Sicilian cherry tomatoes
CHARGRILLED BROCCOLIO SALAD With garlic and fresh chili
GREEK SALAD With cucumber, feta, parsley, Kalamata olives
WILD RICE SALAD Organic wild rice served with butter beans, kale and pomegranate
ROASTED SWEET POTATO Seasoned to perfection and served with olive oil and fresh thyme
ROASTED BUTTERNUT SQUASH & BEETROOT SALAD With spring onions, parsley and feta

SMOOTHIES

GREEN & GLORIOUS kale, lemon grass, banana and mango	£4.5 each
ISLAND ENERGY strawberry, peach and papaya	
BERRY BINGO blackberry, blackcurrant, blueberry & banana	
MANGO DREAM mango & pear	

Additional toppings: (£1.25 each): whey protein / spirulina / bee pollen

TEA

SUKI Fair trade Loose Leaf Tea

FRESH MINT LEAF TEA	£3 per pot
FRESH GINGER TEA	
BREAKFAST BLEND	
DARJEELING	
SPICED CITRUS – CHAI	
ORGANIC GREEN SENCHA	
ORGANIC JASMINE	
ORGANIC EARL GREY BLUE FLOWER	
PEPPERMINT	
CHAMOMILE	

COFFEE

All made with Alma's own blend of coffee beans

	single	double
ESPRESSO	£1.8	£2.1
MACCHIATO	£1.9	£2.4
AMERICANO		£2.7
FLAT WHITE		£2.7
CAPPUCCINO		£2.8
LATTE		£2.8
HOT CHOCOLATE		£2.95
MOCHA		£2.95
MATCHA LATTE		£3.2
TURMERIC LATTE		£3.2
CHAI LATTE		£3.2
Hazelnut/Vanilla/Caramel Syrup		£0.3
Whole, semi-skimmed, skimmed, almond, soya or hazelnut milk		

CAKES & PASTRIES

BLUEBERRY CHEESECAKE	£4
CHOCOLATE FUDGE CAKE (GF)	£4
CARROT CAKE	£3.75
RED VELVET CAKE	£4.5
CHOCOLATE BROWNIE	£3.5
MUFFIN	£2.2
FLORENTINE	£3.2
CUPCAKE	£2.75

Take a look at our pastry display to discover our Pastry Chef's daily specials

DRINKS

Mineral Water Still/Sparkling £2 | Thai Organic Coconut Water £3.75 | Ginger Beer £2.5 | Coca Cola £2.5 | Beer (Estrella/Asahi): £4.5