



Soup and snacks.. £3.50

Soup with sourdough - always homemade, always veggie, often vegan, always delicious.

Garlic cheese on toast - thick cut bread topped with melting cheddar and loads of garlic butter.

Nachos - topped with cheddar i cheese, guacamole and sour cream
Add beef chilli - £1.50

Hummus w/ flatbread and olives

Baltic buns - a sourdough bun piled high with tasty tasty fillings.. £5.95

Add a cup of soup for an extra £1.50

Bacon, lettuce, tomato and avocado w/ roast garlic mayo

Moroccan spiced lamb kofte w/ hummus, grated carrot & mint and pomegranate

Halloumi, avocado, tomato roast red pepper, leaves and garlic mayo (v)

Falafel, w/ hummus, grated carrot & mint and pomegranate (v)

Grilled steak, caramelised onion chutney, dijon mustard, leaves and feta

Grilled sandwiches - slathered in butter and grilled until golden £5.95

Add a cup of soup for an extra £1.50

Grilled cheese of joy- Cheddar, brie and blue with caramelised onion chutney (v)

Pastrami, pickles and grilled Swiss cheese

Buffalo chicken, bacon and grilled cheddar cheese. So wrong it's ridiculous right.

Canteen big bowl of the day - All £7.50

Beef chilli bowl w/ sweet potato fries or rice w/ cheese, guacamole and sour cream

Sweet potato, squash and mushroom curry w/ coriander rice (vg)

Chicken, chorizo and chickpea stew w/ garlic fried potatoes

Burgers

All with fries and homemade coleslaw

Baltic Burger - Homemade beef pattie, cheddar cheese, tomato and red onion £8.95

Bacon double cheese (because 2 cheese is better than 1) - Homemade beef pattie, topped with bacon and 2 cheese of your choice. Choose from brie, cheddar, feta, blue £10.50

Bean burger w/ chilli cheese, jalapeños, lettuce and hummus £8.95

Salt and Pepper chicken burger w/ avocado smash and cheddar £9.95

