

## BLUE SKY NGCI MENU

All of our dishes are prepared with care, however we cannot guarantee that they do not contain traces of other products as they are all prepared in the same kitchen. If you have any other food intolerances, please ask about our ingredients at the counter

### SOUP

#### HOMEMADE SOUP OF THE DAY (v)

Served with rice cakes/chips £4.45

Soup, Blue Sky salad bowl, a chunk of Welsh Cheddar and rice cakes/chips £7.15

### BLUE SKY SPECIALS

#### PIG NOT IN A BARM :) £9.95

Crispy Asian style rolled Welsh belly pork, soft boiled free range egg, spring onions, mixed leaves and homemade char siu, served with chips & coleslaw

**Healthier option:** Choose NO CHIPS & add a Blue Sky mixed salad!

• Upgrade your chips (vegan) £1.00  
from standard to salt & pepper chips

#### MEZZE PLATTER (v) (vga) £12.95

Served on a bespoke olive wood board • Homemade Falafel • Tzatziki • Blue Sky organic chickpea hummus • Marinated olives • Marinated and chargrilled vegetables • Blue Sky mixed salad • Homemade spiced vegetable pickle

#### QUINOA, CHARGRILLED VEGETABLES & FETA SALAD (v) £8.95

A warm salad of marinated and chargrilled vegetables, Anglesey Feta, quinoa, hummus, chimichurri, pistachios, za'atar and rocket

#### CHICKEN & BACON RANCH SALAD £9.95

Free range chicken, dry cure bacon, Welsh blue cheese (Perl Las), Mixed leaves, cherry tomatoes, cucumber & our Ranch Dressing

### BLUE SKY BASKETS

All served with Blue Sky chips

**Healthier option:** Choose NO CHIPS & add a Blue Sky mixed salad

#### CHICKEN IN A BASKET £8.25

Free range marinated chargrilled chicken breast pieces with a salad pot

#### FALAFEL IN A BASKET (vegan) £7.85

Homemade falafel with a pot of Middle Eastern salad

• Add a homemade sauce 45p  
Tzatziki • Tomato relish • Char siu • Vegan garlic mayo  
• Thai style peanut and chilli sauce

• Upgrade your chips £1.00  
from standard to salt & pepper chips

### LIGHTER BITES

#### SABICH BUDDHA BOWL (v) (vga) £6.95

Quinoa, Middle Eastern salad, marinated & chargrilled vegetables, soft boiled egg, homemade spiced vegetable pickle, soya yoghurt, za'atar & home pickled cucumber

#### FALAFEL BUDDHA BOWL (v) (vga) £6.95

Falafel, quinoa, tomatoes, organic chickpea hummus, avocado, black sesame, yoghurt & lemon

#### "NEW STYLE" AVO SMASH (v) (vga) £7.50

Smashed avocado & Anglesey feta on rice cakes, topped with cherry tomatoes, pistachios, fresh mint, za'atar, chilli flakes, fresh lemon & cashew cream

### SIDE DISHES

**BLUE SKY CHIPS** Small/Large (vegan) £1.95/£2.95  
Sprinkled with Halen Môn (Anglesey Sea Salt)

#### SALT & PEPPER CHIPS (vegan) £3.95

Our Blue Sky chips tossed in homemade char siu sauce, chilli, garlic & spring onions. Delicious!

#### BLUE SKY DRESSED SALAD (vegan) £2.45

#### BLUE SKY SPECIAL DAILY SALAD (vegan) £2.25

**ORGANIC CHICKPEA HUMMUS (vegan)**  
with rice cakes £3.65

#### BLUE SKY MIXED, MARINATED OLIVES £2.50

### NGCI BREAKFAST

served until 11.30am.

#### BLUE SKY BREAKFAST £8.95

2x dry cure bacon, fried mushrooms, fried egg, beans, hash browns & grilled vine tomato

#### VEGGIE BREAKFAST (v) £7.45

2x fried eggs, hash browns, fried mushrooms, grilled vine tomato & beans

#### "NEW STYLE" AVO SMASH (v) (vga) £7.50

Smashed avocado & Anglesey feta on rice cakes, topped with cherry tomatoes, pistachios, fresh mint, za'atar, chilli flakes, fresh lemon & cashew cream

#### SABICH BUDDHA BOWL (v) (vga) £6.95

Quinoa, Middle Eastern salad, marinated & chargrilled vegetables, soft boiled egg, homemade spiced vegetable pickle, soya yoghurt, za'atar & home pickled cucumber

#### FALAFEL BUDDHA BOWL (v) (vga) £6.95

Falafel, quinoa, tomatoes, organic chickpea hummus, avocado, black sesame, yoghurt & lemon

v - vegetarian

vga - vegan option available (please ask when ordering)