

ITI

TERRACE

FOOD MENU

SANDWICHES & WRAPS

ALL OF OUR SANDWICHES ARE SERVED ON CIABATTAS, BAKED FRESH BY LEEDS BREAD CO-OP (GLUTEN FREE BREAD / WRAPS ARE AVAILABLE ON REQUEST).

Piri Chicken Ciabatta (H)£4.50

Sliced piri chicken, mixed leaves and mayonnaise (served warm).

Falafel, Yoghurt & Mint Wrap (VG)£4.50

Hummus, falafel, mixed leaves, grated carrot and a soya yoghurt and mint dressing in a spinach wrap.

Pulled Pork & Bacon Wrap£4.50

A warm tomato wrap filled with BBQ pulled pork, grilled bacon, mixed leaves and sour cream (served warm).

Roast Veg & Halloumi Ciabatta (V)£4.50

Halloumi strips with roasted red onion, peppers and squash with a sweet chilli dressing.

Chicken & Avocado Wrap (H)£4.50

A soft spinach tortilla wrap filled with sliced chicken fillet, mixed leaves, avocado and mayonnaise.

CUSTOMISE YOUR MEAL:

Add a side of your choice for just £1.

Add a side of your choice and a soft drink (Coke Zero, Diet Coke or lemonade) for just £1.50.

Add a side of your choice and a pint of Coors or Strongbow for just £2.

TWO FOR £10:

Get any two quesadillas or sandwiches with chips and a drink of your choice for just £10 (Diet Coke, Coke Zero, lemonade, juice, Coors or Strongbow).

QUESADILLAS

ALL SERVED WITH A MIXED LEAF AND TOMATO GARNISH

Chicken & Chorizo£3.50

Chicken, chorizo and cheddar cheese.

Goats Cheese & Squash (V)£3.50

Soft goats cheese and roasted squash.

Roast Vegetable (VG)£3.50

Squash, red onion and mixed peppers with vegan cheese.

Meat Feast£3.50

Spiced beef, pepperoni, cheddar cheese and jalapenos.

SALADS

Quinoa Salad (VG) (GF) £5

Quinoa with roasted squash, fresh herbs, mixed peppers and courgette with a lemon and garlic dressing.

Add chicken, falafel or goats cheese £1.50

Super Salad (VG) (GF) £5

Mixed leaves, spinach, cucumber, tomato, red onion, peppers and avocado with an olive oil dressing and garnished with fresh coriander.

Add chicken, falafel or goats cheese £1.50

SIDES

Chips (VG) (GF) £2

Cajun Wedges (VG) £2

Root Veg Chips (VG) (GF) £2

Salad (VG) (GF) £2

Mozzarella Sticks (V) £2

Cheesy Onion Rings (V) £2

BBQ Chicken Strips (H) £4
(not included in the 'add a side' deal)

Halloumi Fries £4
(not included in the 'add a side' deal)

PIZZAS

OUR PIZZAS ARE HANDMADE WITH OUR OWN RECIPE DOUGH AND TOMATO SAUCE. AVAILABLE IN 6" OR 12".

	6"	12"
Margherita (V) Mozzarella, tomato and basil.	£4	£6
Vegan Margherita (VG) Vegan cheese, tomato and basil.	£4	£6
Goats Cheese & Red Onion (V) Soft goats cheese, mozzarella, red onion chutney and spinach with a balsamic glaze.	£5	£7
Vegan Feast (VG) Mixed peppers, mushrooms, squash, red onion and vegan cheese.	£5	£7
Chipotle Chicken (H) Chipotle chicken, mozzarella, mixed peppers, red onion and jalapenos.	£5	£7
Hot & Spicy Spicy beef, pepperoni, mixed pepper, red onion, jalapenos, mozzarella and tomato.	£5	£7
Ham & Mushroom Shredded ham, mushrooms and mozzarella.	£5	£7
Feta & Olives (V) Crumbled feta, mozzarella, red onion and olives with a balsamic glaze.	£5	£7
Chorizo & Squash Roasted squash, chorizo, mozzarella and red onion.	£5	£7

Add cajun wedges, chips or a salad with a drink of Coke Zero, Diet Coke or lemonade to your pizza for just £1.50 - any time of the day.

DOUBLE UP ON A MONDAY FROM 4PM - BUY ANY PIZZA AND ADD ANOTHER FOR JUST £1

BURGERS

SERVED WITH MIXED LEAF, TOMATO AND COLESLAW

CHOOSE YOUR CHOICE OF BUN:

Plain Bagel - the New York way (V)
Ciabatta (VG)
Gluten free

Lamb & Mint	£4.50
A locally sourced, fresh 6oz minced lamb and mint burger topped with tzatziki.	
Pork & Apple	£4.50
A locally sourced, fresh 6oz pork and apple burger topped with a plum and apple chutney.	
Sweet Potato & Red Onion (VG) (GF)	£4.50
A homemade sweet potato, red onion and coriander burger.	
Beetroot Burger (VG)	£4.50
Quinoa, beetroot and red pepper burger topped with sliced avocado.	
Chipotle Chicken (H)	£4.50
A chicken fillet seasoned with paprika and topped with a chipotle mayonnaise.	

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Add a side of your choice for just £1.

Add a side of your choice and a soft drink (Coke Zero, Diet Coke or lemonade) for just £1.50.

Add a side of your choice and a pint of Coors or Strongbow for just £2.

TWO FOR £10:

Get any two quesadillas or sandwiches with chips and a drink of your choice for just £10 (Diet Coke, Coke Zero, lemonade, juice, Coors or Strongbow).

GO MEAT FREE MIDWEEK

Buy any vegetarian or vegan product on a Wednesday and get 10% off your meal.