

My Somerset Life

A diary by Brian Snellgrove

- My Somerset Life
- Diary Entries
- Writing a diary
- About, and User's Guide
- Creative Listening service
- Privacy Policy
- Contact
- Thoughts
 - Blood clots
 - Enlight and Godlight
 - Interacting with others + the disadvantage of being nice.
 - Is Jesus only our local hero?
 - Loneliness or enjoying your own company?
 - Mobile phones – neutrinos and everything
 - People of different nationalities – the myth of separation
 - Personal energy and life readings
 - Quantum Entanglement
 - Sanity and Insanity – where do we go when we die?
 - The Second Coming of Jesus – where is he?
 - The twisting of space and other matters
 - What is sin?
 - What is the brain?
 - What vibrations can improve our lives?
 - Will the truth survive?

A pictorial visit to Bath for my eye injection

To my great relief the uncomfortable chair which we had to sit on whilst receiving the injection has been replaced by a very comfortable mattress. Relaxing was far easier. Sometimes when I am injected I get a large red floater in my eye like a blood bubble which wobbles around on its own. It normally disappears after a day or so. I got one this time and I hope it does this time.

Prior to the hospital appointment I visited the Bath Society of Artists' 118th Open Exhibition 2023 which runs from 22 April to 24 June. Its on at the Victoria Art Gallery in Bath.









Whilst wandering in the middle of Bath I saw this very attractive menu, which is a 'street-food' type establishment with class. Love it.

CHOOSE → Bagel, Wrap, Baguette,
Gluten Free Bread or a Salad...

Meat

- SPANISH CLUB** £5.35
Chicken & Spanish chorizo with roasted peppers, mixed leaves and mayo
- FRENCH BRIE + PROSCIUTTO** £5.45
With sliced pear, roasted walnuts, rocket and balsamic dressing
- CHICKEN CAESAR** £5.25
Chicken with roasted peppers, Cos lettuce and Caesar dressing
- BACON & BRIE** £5.35
Smoked bacon & brie with rocket and tomato chutney
- NEW YORKER** £5.45
Pastrami with dill pickles, red onion, tomato, mixed leaves and mustard
- CLUB CLASSIC** £5.35
Chicken & smoked bacon with tomato, mixed leaves and mayo
- MIGHTY SWISS** £4.95
Wiltshire ham & Swiss cheese with tomatoes, mixed leaves and mayo
- BLT** £5.25
Smoked bacon, Cos lettuce, tomato and mayo

Salads! £6.50

- CAESAR**
Chicken with Gran Levanto cheese, roasted peppers, Cos lettuce, bagel croutons & Caesar dressing
 - PROSCIUTTO WALDORF**
Prosciutto & Brie with sliced pear, walnuts, rocket & balsamic dressing
 - SWEET POTATO FALAFEL**
With tomatoes, cucumber, red onion, mixed leaves & sweet chilli dressing
 - AVOCADO + SMOKED SALMON**
With Cos lettuce, rocket, cucumber, lemon juice, cracked black pepper & yoghurt and horseradish dressing
- We can make any filling into a salad - just ask*

Add Extra Fillings
Meat, Cheese, Fish, Avocado + £1.20
Salad, Sauces and Butter + 50p

Veg & Vegan

- GUACAMOLE** £4.15
With jalapenos, roasted peppers, mixed leaves and tomato chutney
- EGG FLORENTINE** £4.75
Free range egg mayo, Gran Levanto cheese, tomato, red onion and spinach
*we use gran levanto, which is a vegetarian alternative to parmesan
- CREAM CHEESE** £3.85
With cucumber & cracked black pepper
- AVOLANCHE** £4.85
Avocado with tomatoes, cucumber, mixed leaves and balsamic dressing
- FALAFEL** £4.80
Sweet potato falafel with tomatoes, cucumber, red onion, mixed leaves and sweet chilli sauce
- WHOLEY CHEESE** £4.45
Swiss cheese, tomato chutney, mayo & mixed leaves
- SMASHED AVOCADO** £3.85
With lemon juice & black pepper

Fish

- AVOCADO + SMOKED SALMON** £5.45
With rocket, lemon juice, black pepper and yoghurt & horseradish dressing
- CLASSIC SMOKED SALMON** £5.30
Scottish smoked salmon & cream cheese with cracked black pepper & lemon juice
- CLASSIC TUNA** £4.50
Tuna mayo with cucumber & mixed leaves
- SMOKED SALMON + EGG MAYO** £4.95
Smoked salmon, free range egg mayo, lemon juice & black pepper

Breakfast

SERVED UNTIL 11:30AM

- HOT BACON BAGEL** £3.95
With a choice of tomato ketchup, brown sauce, chilli jam or maple syrup
- TOASTED BAGEL** £2.45
With butter & a choice of jam, marmite, peanut butter, nutella, marmalade, maple syrup or cream cheese

Seating
All our bagels are freshly made to order, toasted and seasoned as standard.
Upstairs or Outside

If eating in order your food at the upstairs

Please note: Eat in prices are higher and include VAT.

FOOD ALLERGIES & INTOLERANCES: 01149 288628 PLEASE SPEAK TO OUR STAFF ABOUT YOUR REQUIREMENTS. ALL FOODS ARE MADE FROM REFINISHED PRODUCTS. NO CORN, SOYBEAN OIL, THAT ARE PREPARED BY US. ONLY 100% PURE, SMALL BATCHES ONLY. PLEASE SEE OUR WEBSITE FOR MORE INFORMATION.

The photos in the corridor were fresh and different as usual.
Someone is doing a big PR job for the NHS.



The RUH are now offering supper to both staff and visitors so I enjoyed a cauliflower cheese with pasta followed by bread and butter pudding with custard. I ate at about 5pm and quite a few staff were streaming in after their shifts. I guess that with staff discounts it was more beneficial to eat in-house than go home and cook your own. Whatever the reason the atmosphere was its usual cheery self.

My Somerset Life by Brian Snellgrove

With over 1 million words and 7,130 images.

You can search for any place or topic including Bath, Frome, Wells, Bristol, Glastonbury, Cheddar, or you can search topics such as Christian, meditation, philosophy. You will also find extensive writings on Swansea, Cardiff, Weston Super Mare, London, Avebury.

- Christianity
 - health
 - Personal development
 - Philosophy
 - psychology
-
- How to use
 - Contact
 - Writing a diary
 - Privacy Policy
 - Creative Listening service

All content © 2024 Brian Snellgrove