

My Somerset Life

A diary by Brian Snellgrove

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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To my great relief the uncomfortable chair which we had to sit on whilst receiving the injection has been replaced by a very comfortable mattress.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.







Turn handle

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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

Veg & Vegan

- GUACAMOLE** ✓ £4.15
With jalapeños, 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

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

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 200000 PLEASE SPEAK TO OUR STAFF ABOUT YOUR REQUIREMENTS. ALL FOODS ARE MADE FROM REFINISHED PRODUCTS. NO CORN, SOYBEANS, GLUTEN FREE. ALL PRODUCTS WILL BE 100% VEGAN FROM 01/10/2024. SMALL AMOUNTS MAY REMAIN IN SOME OF OUR PRODUCTS.

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.

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