

BREAKFAST

EGGS ON SOURDOUGH TOAST
FRIED, POACHED OR SCRAMBLED

AVOCADO ON SOURDOUGH TOAST

ADD SMOKED SALMON OR BACON

HOT BOX MENU

MONDAY

CHICKEN KATSU, STICKY ONION RICE & MINTED YOGHURT
CELERY. SOYA. SULPHITES. DAIRY. GLUTEN. PEANUTS.

AUBERGINE & COURGETTE KATSU, STICKY ONION RICE
& MINTED COCONUT YOGHURT (VE)
CELERY. SOYA. SULPHITES. GLUTEN. PEANUTS.

TUESDAY

SMOKED PAPRIKA BEEF RAGOUT, MINTED NEW POTATOES
& PETIT POIS
CELERY. SOYA. SULPHITES.

SMOKED PAPRIKA HEMP RAGOUT, MINTED NEW POTATOES
& PETIT POIS (VE)
CELERY. SOYA. SULPHITES.

WEDNESDAY

SWEET AND SOUR PORK PINEAPPLES,
SWEET PEPPERS & RICE
SULPHITES. SOYA. MUSTARD. CELERY. GLUTEN.

SWEET AND SOUR FIRM TOFU, PINEAPPLE,
SWEET PEPPERS & RICE (VE)
SULPHITES. SOYA. MUSTARD. CELERY. GLUTEN.

THURSDAY

BUTTERMILK CHICKEN BURGER, BRIOCHE BUN,
CHIPOTLE MAYO, BABY GEM & FRIES
DAIRY. GLUTEN. SOYA. SULPHITES. EGGS.

VEGAN BUTTERMILK TEMPEH BURGER, BRIOCHE BUN,
VEGAN CHIPOTLE MAYO, BABY GEM & FRIES (V)
GLUTEN. SOYA. SULPHITES.

FRIDAY

BAKED FILLET OF SALMON, ROASTED FENNEL, NEW
POTATOES, SPINACH & CAPER LEMON MAYO
SULPHITES. FISH. EGG. MUSTARD. SOYA.

BAKED TEMPEH, ROASTED FENNEL, NEW POTATOES,
SPINACH & CAPER LEMON MAYO (VE)
SULPHITES. MUSTARD. SOYA.

SOUP MENU

MONDAY

ROASTED BUTTERNUT SQUASH & SAGE SOUP (VE)

SULPHITES. CELERY.

TUESDAY

CARROT & CORIANDER SOUP (VE)

SULPHITES. CELERY.

WEDNESDAY

TOMATO & ROASTED PEPPER SOUP (VE)

SULPHITES. CELERY.

THURSDAY

PORTOBELLO MUSHROOM SOUP (VE)

SULPHITES. CELERY.

FRIDAY

LEEK & POTATO SOUP FRESH THYME (VE)

SULPHITES. CELERY.

SALADS

SALADS

ROASTED COURGETTE & SAGE, FENNEL, SPINACH SALAD,
FETA & SUNFLOWER SEEDS (V)

DAIRY. SULPHITES. SOYA.

CELERIAC REMOULADE, WHOLE GRAIN MUSTARD
& VEGAN MAYO (VE)

SULPHITES. SOYA. MUSTARD.

ASIAN SALAD CABBAGE, BASIL, CUCUMBER, CARROT
& KIMCHI DRESSING

SOYA. SULPHITES. FISH. CELERY. SESAME.

FUSILLI PASTA SALAD, SUNDRIED TOMATOES
& FRESH BASIL (V)

EGGS. GLUTEN. SULPHITES. SOYA. MUSTARD.

PROTEIN

SMOKED PAPRIKA ROASTED CHICKEN THIGHS
SOYA. SULPHITES.

TERIYAKI BAKED TEMPEH (VE)

**CELERY. MUSTARD. SOYA. SULPHITES. GLUTEN.
PEANUTS. SESAME.**

SANDWICHES

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SWEET CHILLI CHICKEN, CUCUMBER, BASIL, TOMATO, MAYO
& CRISP SALAD WRAP

SOYA. GLUTEN. EGG. MUSTARD. SULPHITES. SESAME.

ROAST BEEF & HORSERADISH CREAM, WATERCRESS
& BAKED SOURDOUGH

DAIRY. MUSTARD. GLUTEN. EGG. SULPHITES. SOYA.

BBQ PORK, EMMENTAL CHEESE & BABY GEM BRIOCHE BAP

SULPHITES. CELERY. EGG. DAIRY. GLUTEN. SOYA. FISH. SESAME.

SMOKED SALMON, SPINACH, CUCUMBER
& DILL CRÈME FRAICH WRAP

DAIRY. SULPHITES. GLUTEN.

SWEET ONION & TERIYAKI TOFU, ROASTED PEPPERS, PORTOBELLO
MUSHROOMS & TOASTED CIABATTA (V)

SOYA. GLUTEN. SESAME.

VEGAN MEATBALL MARINARA, GRILLED VEGETABLES PESTO, VEGAN
MOZZARELLA & BAGUETTE (VE)

SOYA. SULPHITES. CELERY. GLUTEN.