



W/C Monday 20th October

THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
 OATILY awesome £2.50	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings
 Broken Yolk £4.35	Smoked salmon Welsh rarebit on toasted sourdough with tomato & a poached hen's egg	Smoked salmon Welsh rarebit on toasted sourdough with tomato & a poached hen's egg	Smoked salmon Welsh rarebit on toasted sourdough with tomato & a poached hen's egg	Smoked salmon Welsh rarebit on toasted sourdough with tomato & a poached hen's egg	Smoked salmon Welsh rarebit on toasted sourdough with tomato & a poached hen's egg
 RISE & SHINE Breakfast	A choice of English traditionally cooked breakfast items with a selection of breads	A choice of English traditionally cooked breakfast items with a selection of breads	A choice of English traditionally cooked breakfast items with a selection of breads	A choice of English traditionally cooked breakfast items with a selection of breads	A choice of English traditionally cooked breakfast items with a selection of breads
 cakes & BAKES £2.25	A selection of breakfast pastries, homemade cakes & cookies	A selection of breakfast pastries, homemade cakes & cookies	A selection of breakfast pastries, homemade cakes & cookies	A selection of breakfast pastries, homemade cakes & cookies	A selection of breakfast pastries, homemade cakes & cookies

An adult typically needs around 2000kcal a day. If you require allergen information for any dish or item, please contact our allergen ambassador.
As we use all 14 allergens in our kitchens, we cannot ever guarantee cross-contamination does not occur.



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 	Spiced autumn squash Bread of the day	Leek & potato Bread of the day	Curried lentil Bread of the day	Broccoli & stilton Bread of the day	Cauliflower & cumin Bread of the day
 £6.75	Chicken Shawarma marinated chicken thigh served on khobez bread with a selection of toppings & sauces (Add-on fries)	Pork & Autumn apple burger, pork & apple homemade patty, whipped blue cheese, maple bacon, beef tomato & lettuce (Add-on Fries)	<u>National Pasta Day</u> Choose your pasta Linguini – Fusilli – Conchiglie Choose your sauce Vegetarian/Vegan Sauces Cacio pepe – tomato & mascarpone – Plant based walnut & basil pesto Meat sauces Beef ragu – Carbonara – Chorizo & roasted red pepper Choose your toppings Grated cheese, Pangrattato, chili oil, marinated olives crispy onions, confi lemon, dried mushroom powder, confit garlic, toasted nuts Add-ons Garlic bread, marinated tomato bruschetta, grilled Caesar salad	Maple glazed Bacon wrapped meatloaf served with seasonal greens & gravy (add on autumn vegetable dauphinoise)	Traditional battered Pollock with mushy or garden peas served with homemade tartar sauce and chips
 £6.50	Falafel Shawarma served on khobez bread with a selection of toppings & sauces (Add-on fries)	Spicy black Bean & butternut squash chilli with rice yogurt & coriander flat bread		Mushroom & squash wellington served with seasonal greens & gravy (add on autumn vegetable dauphinoise)	Vegetable & bean enchiladas with garlic mayonnaise dressing Jalapenos & salsa served with salad from the salad bar
 £3.50	Chicken pakoras with mint yoghurt & tamarind chutney	Chicken pakoras with mint yoghurt & tamarind chutney	Chicken pakoras with mint yoghurt & tamarind chutney	Korean fried chicken wrap served with lettuce & sweet chili sauce	Korean fried chicken wrap served with lettuce & sweet chili sauce
	Tuna, cheese & red onion £4.70	Grilled Mediterranean chicken & feta £4.70	Pastrami, sauerkraut & Emmental £4.70	Meatloaf toastie with pickles & yellow mustard £4.70	Tomato, mozzarella & pesto £4.50

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