







# 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	Poached eggs on toasted sourdough with spinach, miso & brown butter hollandaise	Poached eggs on toasted sourdough with spinach, miso & brown butter hollandaise	Poached eggs on toasted sourdough with spinach, miso & brown butter hollandaise	Poached eggs on toasted sourdough with spinach, miso & brown butter hollandaise	Poached eggs on toasted sourdough with spinach, miso & brown butter hollandaise
 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.



W/C Monday 1<sup>st</sup> December

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	MON	TUE	WED	THU	FRI
 	Vegetable goulash with toasted cashew nuts & almonds  Bread of the day	Beetroot horseradish & sour cream  Bread of the day	Parsnip, chestnut & sage  Bread of the day	Sweet potato & cumin  Bread of the day	Broccoli & stilton  Bread of the day
 £6.75	Beef & mixed bean chili with chipotle, lime & coriander served with rice	Festive chicken burger, sage & onion fried chicken, crispy bacon, shredded lettuce, mulled spiced red cabbage slaw & cranberry mayo (add on skin on fries)	<b>Lunch served in the bar area</b> Beef lasagna or vegetable lasagna served with mixed salad Jacket potatoes topped with beans & cheese	Ghormeh Sabzi, Persian beef stew with herbs & dried lime served with rice & pickled red onions (add on broccoli with roast almonds)	Battered Pollock with mushy peas or garden peas, tartar sauce and chips
 £6.50	Soy & mixed bean chili with chipotle, lime & coriander served with rice	Festive halloumi burger, sage & onion fried halloumi, shredded lettuce, mulled spiced red cabbage slaw & cranberry mayo (add on skin on fries)	<b>Grab &amp; Go</b> Selection of pre made sandwiches & wraps	Sourdough flatbread with roast sprouts, red onion, cranberry chutney & goats' cheese	Kale & butternut squash frittata served with the salad bar
 £3.50	Winter vegetable pakoras with mint yoghurt & mango chutney	Winter vegetable pakoras with mint yoghurt & mango chutney		Fish cakes with tartar slaw, rocket & lemon	Fish cakes with tartar slaw, rocket & lemon
	Chicken, cheese & pesto £4.70	Tuna, cheese & jalapeno pepper £4.70		Ham, mustard & Swiss cheese £4.70	Tomato, basil & mozzarella £4.50

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