







THIS WEEK'S MENU






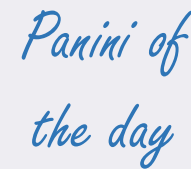
	MON	TUE	WED	THU	FRI
 OATILY awesome £2.50	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings
 Broken Yolk £4.35	Smoked salmon on scrabbled egg and toasted sourdough	Smoked salmon on scrabbled egg and toasted sourdough	Smoked salmon on scrabbled egg and toasted sourdough	Smoked salmon on scrabbled egg and toasted sourdough	Smoked salmon on scrabbled egg and toasted sourdough
 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 8th November

THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
 	Thai vegetable Bread of the day	Roast tomato & paprika Bread of the day	Roast squash & sage Bread of the day	Cauliflower & cumin Bread of the day	Curried parsnip Bread of the day
 £6.75	Tandoori chicken served on a naan bread channa masala with Bombay slaw & minted yoghurt (add on Fries)	Build a burger day, Beef in a pretzel roll with a selection of toppings & sauces and on a patty-add on fries	Lunch served in the bar area Beef lasagna or vegetable lasagna served with mixed salad Jacket potatoes topped with beans & cheese	Pad grapao neua Stir-fried beef mince with holy basil, sesame & coconut rice	Battered Pollock with mushy peas or garden peas, tartar sauce and chips
 £6.50	Tandoori tofu served on a naan bread channa masala, Bombay slaw & minted yoghurt (Add on fries)	Build a burger day, plant based in a pretzel roll with a selection of toppings & sauces and on a patty-add on fries	Grab & Go Selection of pre made sandwiches & wraps	Clementine, cranberry & sprout Pilaf	Aubergine bhuna with steamed rice add on pickles & poppadom
 £3.50	Festive wrap, stuffing breaded chicken or halloumi with seasonal slaw & cranberry mayo	Festive wrap, stuffing breaded chicken or halloumi with seasonal slaw & cranberry mayo		Pigs in blanket sausage roll with cranberries & brie	Pigs in blanket sausage roll with cranberries & brie
	Turkey, bacon & cheese £4.70	Ham, cheese & gherkin £4.70		Turkey, stuffing & cranberry £4.70	Tomato. Pesto & mozzarella £4.50

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.