

THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
 OATILY awesome	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	Toasted sourdough with edamame guacamole fried hens' egg and chili crisp	Toasted sourdough with edamame guacamole fried hens' egg and chili crisp	Toasted sourdough with edamame guacamole fried hens' egg and chili crisp	Toasted sourdough with edamame guacamole fried hens' egg and chili crisp	Toasted sourdough with edamame guacamole fried hens' egg and chili crisp
 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	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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	MON	TUE	WED	THU	FRI
 	<p>Butternut squash, ginger & lemongrass Bread of the day</p>	<p>French onion with cheese crouton Bread of the day</p>	<p>Cauliflower cheddar and marmite Bread of the day</p>	<p>Celery & stilton Bread of the day</p>	<p>Spiced tomato Bread of the day</p>
 £6.75	<p>Chicken parmigiana with a rustic tomato sauce, mozzarella, parmesan, basil & bitter leaf salad (add on rosemary, garlic fries)</p>	<p>Roast Lingfield sausages with buttered mash potatoes, crispy onions & porter gravy (add on winter greens)</p>	<p>Korean style pork ramen with roast pork belly, Asian green, pork bone broth & kimchi</p>	<p>Roast chicken quarter with citrus & thyme served with roast baby potatoes & gravy (add on winter greens)</p>	<p>Traditional Battered Pollock served with mushy or garden peas, homemade tartare sauce and chips</p>
 £5.00	<p>Vegan gochujang mac n cheese with black cabbage, sesame & seaweed umami topping (add on Korean cream cheese garlic bread)</p>	<p>Black bean Cajun burger with char-grilled sweet potato, shredded lettuce, beef tomato plant-based sour cream & chives (add on skin on fries with house seasoning)</p>	<p>Flamingo Pea Dahl with pumpkin green beans & coconut served with rice (add on poppadom and pickles)</p>	<p>Bang Bang Cauliflower served with tofu fried rice (add on sesame greens)</p>	<p>Rosemary & polenta chips with winter vegetable ratatouille (served with the salad bar)</p>
 £3.50	<p>Sourdough flatbread with Pistachio labneh, roasted vegetables & feta £4.50</p>	<p>Sourdough flatbread with Pistachio labneh, roast vegetable & feta £4.50</p>	<p>Sourdough flatbread with Pistachio labneh, roast vegetable & feta £4.50</p>	<p>Chargrilled sweet potato, beetroot falafel with mint & chilli coconut yoghurt with pickled red cabbage wrap £4.70</p>	<p>Chargrilled sweet potato, beetroot falafel with mint & chilli coconut yoghurt with pickled red cabbage wrap £4.70</p>
<i>Panini of the day</i>	<p>BLT Grilled cheese £4.70</p>	<p>Turkey, mozzarella & tomato with kale & walnut pesto £4.70</p>	<p>Tuna, red onion & mozzarella £4.70</p>	<p>Chicken, cheese & jalapeno pepper £4.70</p>	<p>Tomato, basil & mozzarella £4.50</p>

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