



THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
 OATILY <i>awesome</i> £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	Chorizo & potato hash with a fried egg	Chorizo & potato hash with a fried egg	Chorizo & potato hash with a fried egg	Chorizo & potato hash with a fried egg	Chorizo & potato hash with a fried egg
 RISE & SHINE <i>Breakfast</i>	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 <small>& BAKES</small> £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.



THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
 	Butternut squash with peanut & chili Bread of the day	Mushroom & tarragon Bread of the day	Mulligatawny soup with roasted harissa spiced chickpeas Bread of the day	Roasted tomato & red pepper Bread of the day	Winter minestrone Bread of the day
 £6.75	Lemon, thyme & garlic pork escalope with winter slaw & with parmesan fries	Chipotle chicken & sweet potato chili with dirty rice (add on jalapeno & cheddar corn bread)	Build a burger day Beef burger with a selection of toppings & sauces served with fries	Jamaican chicken & callaloo curry with rice & peas (add on home made roti)	Traditional battered Pollock with mushy or garden peas, served with homemade tartare sauce and chips
 £6.50	Wild mushroom gnocchi with kale pesto (add on garlic bread)	Chipotle soy mince & sweet potato chili with dirty rice (add on jalapeno & cheddar corn bread)	Build a burger day Plant-based burger with a selection of toppings & sauces served with fries	Beetroot falafel wrap with winter slaw, tahini yoghurt, rocket & tomato	Purple sprouting broccoli & stilton tortilla served with the salad bar
 £4.70	Vegetable spring rolls with a sweet chili & lime dipping sauce £4.70	Vegetable spring rolls with a sweet chili & lime dipping sauce £4.70	Vegetable spring rolls with a sweet chili & lime dipping sauce £4.70	Sticky BBQ chicken wings with seasonal slaw £4.70	Sticky BBQ chicken wings with seasonal slaw £4.70
<i>Panini of the day</i>	Tuna cheese & jalapeño pepper £4.70	B.Z.T Bacon, grilled zucchini, tomato & mozzarella £4.70	The Reuben Pastrami, Swiss cheese & sauerkraut £4.70	Classic BLT with maple syrup & spicy mayo £4.70	Ham & cheese with honey mustard sauce & pickles £4.70

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