












# THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
 <b>OATILY</b> <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
 <b>Broken Yolk</b> £4.35	<b><u>Chesterford Breakfast muffin</u></b> Sausage patty, fried egg American cheese in a warm English muffin	<b><u>Chesterford Breakfast muffin</u></b> Sausage patty, fried egg American cheese in a warm English muffin	<b><u>Chesterford Breakfast muffin</u></b> Sausage patty, fried egg American cheese in a warm English muffin	<b><u>Chesterford Breakfast muffin</u></b> Sausage patty, fried egg American cheese in a warm English muffin	<b><u>Chesterford Breakfast muffin</u></b> Sausage patty, fried egg American cheese in a warm English muffin
 <b>RISE &amp; SHINE</b> <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
 <b>cakes &amp; BAKES</b> £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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	MON	TUE	WED	THU	FRI
 	Mexican chilli bean  Bread of the day	Provençal spring pistou  Bread of the day	Tomato minestrone  Bread of the day	Goan chunky potato  Bread of the day	Lentil chickpea and chilli  Bread of the day
 £6.75	Chicken suya with jollof rice, pickled watermelon rind & tomato salad add on plantain pakora	Jerk pulled pork wrap with banana skin chutney, grilled pineapple, beef tomato & seasonal slaw add on loaded jerk sweet potato fries	Leghorn breeder chicken Bombay keema burger with smashed spring peas, curried mayo, pickled onion & rocket coriander & mint add on loaded Bombay fries	Beef tacos, brisket slow cooked with wasted coffee & ancho served with broccoli stalk guacamole, shredded lettuce, pico de gallo & dipping sauce on soft corn tortillas	Battered Pollock with mushy peas or garden peas, tartar sauce and chips
 £6.50	Artichoke & spinach loaded mac n cheese (add on garlic bread)	Falafel bowl Kale falafel, kale stem hummus, British grains, tomato conserva aquafaba mayo, pickled red cabbage & spinach	Sticky soy aubergine on gingery peanut fried rice	Chana masala, banana skin & coconut thoran with rice pilaf add on porridge roti	Mushroom risotto with salt & coffee baked celeriac & carrots
 £3.50	Bubble & squeak scotch egg with food waste BBQ sauce	Bubble & squeak scotch egg with food waste BBQ sauce	Bubble & squeak scotch egg with food waste BBQ sauce	Leghorn breeder chicken dumplings with veg scrap's XO sauce	Leghorn breeder chicken dumplings with veg scrap's XO sauce
<i>Panini of the day</i>	Tuna Cheese & jalapeno peppers £4.70	The Cuban Ham, Swiss cheese, pickles & mustard £4.70	Turkey, mozzarella & kale pesto £4.70	Classic BLT with spicy mayo £4.70	Tomato, mozzarella & pesto £4.70

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