



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	All day wrap breakfast				
 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 <i>& BAKES</i> £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
 	Spring pea & mint Bread of the day	Irish vegetable soup with crispy bacon bits on the side Bread of the day	Tomato & chive Bread of the day	Curried parsnip Bread of the day	Roast squash & sage Bread of the day
 £6.75	Breaded chicken In a pretzel roll with shredded lettuce, tomato, sauerkraut & mustard served with fries	St Patrick's Day Irish steak & Guinness stew served with colcannon potatoes	Classic Italian beef lasagna served with mixed leaf & garlic bread	Pan roast chicken breast with boulangère potatoes & mushroom white wine sauce (add on green beans)	Battered Pollock OR salmon & dill fish cake with mushy or garden peas, homemade tartar sauce and chips
 £6.50	Breaded halloumi In a pretzel roll with shredded lettuce, tomato, sauerkraut & mustard served with fries	Irish Boxy A traditional Irish potato cake with grated & mashed potatoes pan fried & topped with a poached egg & served with sautéed cabbage	Soy mince & vegetable lasagna served with mixed leaf & garlic bread	Tikka paneer wrap with Bombay potato salad, cucumber & mint yoghurt, spinach & rocket	Beetroot & goats cheese wellington served with the salad bar
 £3.50	Vegetable Samosas with mango yoghurt £4.70	Samosas with mango yoghurt £4.70	Samosas with mango yoghurt £4.70	Indian kefir fried-not-fried chicken sandwich with a carrot pickle £4.70	Indian kefir fried-not-fried chicken sandwich with a carrot pickle £4.70
	Chicken with pesto & mozzarella £4.70	The Reuben Pastrami, Swiss cheese Sauerkraut with mustard mayo £4.70	Chicken, Lettice, avocado & tomato with spicy mayo £4.70	Turkey, bacon & avocado grilled cheese £4.70	BLT grilled cheese £4.70

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