











THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
 OATILY <i>awesome</i> £2.50	Freshly made Oatly porridge served with a selection of toppings	Freshly made Oatly porridge served with a selection of toppings	Freshly made Oatly porridge served with a selection of toppings	Freshly made Oatly porridge served with a selection of toppings	Freshly made Oatly porridge served with a selection of toppings
 Broken Yolk £4.35	Avocado on toasted sourdough with poached eggs & hot honey	Avocado on toasted sourdough with poached eggs & hot honey	Avocado on toasted sourdough with poached eggs & hot honey	Avocado on toasted sourdough with poached eggs & hot honey	Avocado on toasted sourdough with poached eggs & hot honey
 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
 	Mushroom & tarragon Bread of the day	Sweet potato, peanut & chilli Bread of the day	Miso Tomato soup Bread of the day	Spiced parsnip Bread of the day	Golden beetroot Bread of the day
 £6.75	Thai pork meatballs in a coconut curry served with fragrant rice add on sesame greens	Korean crispy chicken wrap Crispy chicken with Asian slaw, pickled cucumber, shredded lettuce served with fries or salad	Salmon rainbow bowl Roast flaked salmon, beetroot kraut, pickled red cabbage, edamame beans, avocado, carrot salad, quinoa, pickled ginger, spinach & turmeric & ginger dressing	Salt beef bagel Home cured salt beef, house kraut, Swiss cheese, mustard & bread & butter pickles served with fries or salad	Battered Pollock with mushy peas or garden peas, tartar sauce and chips
 £6.50	Tempeh taco with sweet potato puree, lime and radish salad with rice & beans	Jordanian mezze Home made sesame falafel, hummus, tabbouleh & mahammara pita	Gochujang tofu & kimchi rice bowl Gochujang glazed tofu, kimchi, tender stem broccoli, soy marinated egg & sesame rice	Tandoori tofu with spinach, coconut rice, coriander yoghurt & hot pickled onion	Artichoke, spinach & feta frittata served with the salad bar
 £4.70	Vegetable spring rolls with sweet chilli & Asian slaw	Vegetable spring rolls with sweet chilli & Asian slaw	Vegetable spring rolls with sweet chilli & Asian slaw	Onion bhajis with mint yoghurt	Onion bhajis with mint yoghurt
<i>Panini of the day</i>	Tuna & Cheese Melt £4.70	Ham cheese & pineapple £4.70	Turkey, bacon & avocado £4.70	Tomato, mozzarella & green pesto £4.30	Chicken cheese & pesto £4.70

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