












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 £4.95	Breakfast bagel Toasted bagel, sausage patty crispy bacon, egg & American cheese	Breakfast bagel Toasted bagel, sausage patty crispy bacon, egg & American cheese	Breakfast bagel Toasted bagel, sausage patty crispy bacon, egg & American cheese	Breakfast bagel Toasted bagel, sausage patty crispy bacon, egg & American cheese	Breakfast bagel Toasted bagel, sausage patty crispy bacon, egg & American cheese
 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> £3.00	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
 	Miso soup with summer vegetables Bread of the day	Tomato & basil Bread of the day	Courgette, mint & chili Bread of the day	Curried cauliflower Bread of the day	Pea & mint Bread of the day
 £7.00	Germany Grilled bratwurst, pretzel roll, sauerkraut, curried ketchup & mustard served with salad (add on fries)	France Poulet à la Moutarde Française (chicken breast in mustard sauce) with parmentier potatoes (add on green beans)	Argentina Chimichurri char grilled pork steak with roast potato & herb salad	Czech Republic Beef goulash with pickled relish & sour cream & chive mash (add on buttered cabbage)	USA Butter milk southern fried chicken burger with seasonal slaw, tomato & lettuce served with salad (add on fries)
 £6.75	Japan Plant based chicken katsu, plant based breaded chicken, katsu sauce, rice & pickles	Iran Dopiazeh Aloo (potato curry) with basmati rice (add on flatbread)	England Bubble squeak cake with a poached hen's egg & onion rings	South Africa Bunny chow, South African vegetable stew served in bread	Morocco Summer squash & aubergine tagin served with couscous
 £4.50	Samosas with lime chutney yoghurt	Samosas with lime chutney yoghurt	Crispy chicken Ceasar wrap	Crispy chicken Ceasar wrap	Crispy chicken Ceasar wrap
<i>Panini of the day</i>	CBLT grilled cheese £4.95	Pastrami, sauerkraut, Swiss cheese & mustard £4.95	Turkey, bacon & avocado grilled cheese £4.95	Mozzarella, green pesto & tomato £4.95	Classic ham, cheese & mayo £4.95

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