



W/C Monday 13th July

THIS WEEK'S MENU

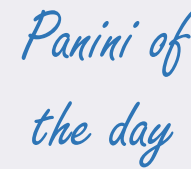
	MON	TUE	WED	THU	FRI
 OATILY awesome £2.50	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings
 Broken Yolk £4.95	Avocado on toasted sourdough with a poached egg & chili crisp	Avocado on toasted sourdough with a poached egg & chili crisp	Avocado on toasted sourdough with a poached egg & chili crisp	Avocado on toasted sourdough with a poached egg & chili crisp	Avocado on toasted sourdough with a poached egg & chili crisp
 RISE & SHINE Breakfast	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 & BAKES £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
 	Onion & thyme Bread of the day	Roast beetroot and crème fraiche with Dukkah, almond and hazelnut beetroot crisps Bread of the day	Kohlrabi coconut and Lemon Bread of the day	Roast tomato & fennel Bread of the day	Harissa carrot Bread of the day
 £7.00	Beef & bean chilli with dirty rice, sour cream & pico de gallo (add on Cajun sweet potato wedges)	Thai red chicken curry with sticky rice (add on spring roll)	Roast belly pork with lemon & thyme roast potato & fennel salad	Chicken tikka burger , bhaji onions, tomato, minted cucumber, lettuce & spicy mango mayo served with seasonal salad (add on fries)	Battered Haddock with, chips, lemon & tartar sauce served with garden peas or mushy peas
 £6.75	Summer vegetable & bean chilli with dirty rice, sour cream & pico de gallo (add on Cajun sweet potato wedges)	Thai red vegetable curry with sticky rice (add on spring roll)	Black rice, ginger tempeh, goji berries with rocket, coriander and avocado	Celeriac steak with café de Paris butter & beetroot & squash salad	Middle Eastern pizza served with the salad bar
 £4.50	Hot Dog Jumbo pork sausage with ketchup & mustard	Hot Dog Jumbo pork sausage with ketchup & mustard	Hot Dog Jumbo pork sausage with ketchup & mustard	Chicken bao buns, sticky chicken with Asian slaw & pickled cucumbers	Chicken bao buns, sticky chicken with Asian slaw & pickled cucumbers
	BLT grilled cheese £4.95	Ham, cheese & gherkins £4.95	Tuna, cheese & red onion £4.95	Halloumi & roasted red pepper £4.95	Chicken, cheese & pesto £4.95

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