



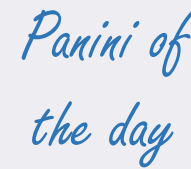
THIS WEEK'S MENU

	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	Gilgeori Toast Korean street toast shredded cabbage & spam omelet in toasted bread	Gilgeori Toast Korean street toast shredded cabbage & spam omelet in toasted bread	Gilgeori Toast Korean street toast shredded cabbage & spam omelet in toasted bread	Gilgeori Toast Korean street toast shredded cabbage & spam omelet in toasted bread	Gilgeori Toast Korean street toast shredded cabbage & spam omelet in toasted bread
 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



W/C Monday 14th September

THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
 	Kale and cannellini bean soup Bread of the day	Beetroot & horseradish Bread of the day	Kimchi Jjigae Bread of the day	Sweetcorn chowder Bread of the day	Carrot & coriander Bread of the day
 £7.00	Autumn chicken schnitzel oat crusted chicken schnitzel with fennel, apple & celeriac remoulade, burnt lemon & plum ketchup	Roast Lingfield pork sausages with claphot mash & rich onion gravy (add on Autumn greens)	<u>Massisseoyo - Korean Kitchen</u> Dakgangjeong , Korean fried chicken wings with Tteokbokki, Korean hot & spicy rice cakes & Korean style fried rice	Beef Pasanda Beef curry with almond & yoghurt served with rice pilaf (add on onion bhaji)	Traditional Battered haddock Served with chips, peas, fresh lemon wedge & homemade tartar sauce
 £6.75	Autumn squash & mushroom sourdough flat bread Squash puree, garlic mushrooms, blue cheese sauce & crispy sage	Pumpkin curry Pumkin & coconut curry with rice pilaf (add on roti bread)	<u>Massisseoyo - Korean Kitchen</u> Bibimbap Korean rice bowl with tofu, veggies & pickles topped with a fried egg	Paneer Pasanda Paneer curry with almond & yoghurt served with rice pilaf (add on onion bhaji)	Squash & wild mushroom gnocchi served with salad from the salad bar
	Chargrilled chicken with rocket & mustard mayonnaise served in a crispy baguette £4.75	Chargrilled chicken with rocket & mustard mayonnaise served in a crispy baguette £4.75	Chargrilled chicken with rocket & mustard mayonnaise served in a crispy baguette £4.75	Lamb & chickpea kofta served in a warm pitta bread with salad & minted yoghurt & sweet chili sauce £4.95	Lamb & chickpea kofta served in a warm pitta bread with salad & minted yoghurt & sweet chili sauce £4.95
	Tuna & mozzarella with red onion £4.95	Pastrami with Swiss cheese, sauerkraut & mustard £4.95	Mozzarella tomato & green pesto £4.75	CBLT with cheese £4.95	Bacon, brie & cranberry £4.95

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.