



W/C Monday 5th October

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	Staffordshire oatcakes with bacon, mushroom & cheddar	Staffordshire oatcakes with bacon, mushroom & cheddar	Staffordshire oatcakes with bacon, mushroom & cheddar	Staffordshire oatcakes with bacon, mushroom & cheddar	Staffordshire oatcakes with bacon, mushroom & cheddar
 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
	Celeriac, apple & walnut Bread of the day	Cauliflower & cumin Bread of the day	Dal Shorba Bread of the day	Roast tomato & red pepper Bread of the day	Mexican pumpkin Bread of the day
 £7.00	Bacon wrapped sausages, chive mash, stout & onion gravy, parsnip crisps	<u>Pig mac</u> Pulled pork, breaded mac n cheese, crisp lettuce, tomato & seasonal slaw served with salad (add on fries)	<u>Curry feast</u> Aloo Keema, chicken rogan josh, Aloo Gosht all served with pilaf rice(add on pickled tray & poppadom add on bhaji) Drink special mango lassi	Chimichurri chicken wrap, spinach tortilla, chimichurri chicken, whipped avocado, tomato, crisp lettuce & chimichurri sauce	Traditional Battered haddock with chips & peas served with homemade tartar sauce & lemon
 £6.75	Wild mushroom, truffle and plant-based cream tagliatelle	Warm kale & squash Caesar salad with a crispy hen's egg & toasted seeds	<u>Curry feast</u> Aubergine bhuna, Matar Paneer, Aloo Gobi all served with pilaf rice (add on pickled tray & poppadom add on bhaji) Drink special mango lassi	Chimichurri halloumi wrap, spinach tortilla, chimichurri halloumi, whipped avocado, tomato, crisp lettuce & chimichurri sauce	Autumn vegetable frittata served with the salad bar
 £4.75	Buffalo wings with bay leaf salad & ranch dip £4.75	Buffalo wings with bay leaf salad & ranch dip £4.75	Buffalo wings with bay leaf salad & ranch dip £4.75	Chilli loaded nachos, nachos with beef chilli, cheddar & tomato salsa £4.75	Chilli loaded nachos, nachos with beef chilli, cheddar & tomato salsa £4.75
	Chicken, cheese & pesto £4.95	Ham, cheese & spicy mayo £4.95	Tuna, mozzarella & red onion £4.95	Tomato, mozzarella & green pesto £4.95	Turkey, bacon & avocado grilled cheese £4.95

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