



W/C Monday 12th October

THIS WEEK'S MENU

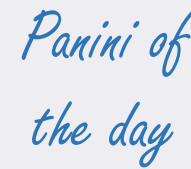
	MON	TUE	WED	THU	FRI
 OATILY awesome £2.50	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings
 £4.95	Toasted bagel, smoked salmon & herb cottage cheese	Toasted bagel, smoked salmon & herb cottage cheese	Toasted bagel, smoked salmon & herb cottage cheese	Toasted bagel, smoked salmon & herb cottage cheese	Toasted bagel, smoked salmon & herb cottage cheese
	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
 £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
 	Tuscan kale Bread of the day	Roast parsnip & chestnut Bread of the day	Sweet potato and miso soup topped with a fiber seeded cracker crunch Bread of the day	Roast tomato & red pepper Bread of the day	Mexican pumpkin Bread of the day
 £7.00	Chile Verde, braised pork shoulder with Tomatillos & jalapenos, served with rice & a radish & crumbled feta salad	Korean beef Bulgogi Rice Bowl, ground beef Bulgogi sauce, quick kimchi salad, pickles, crispy hens egg & steamed rice	Porchetta, with roast potatoes, green beans & gravy (add on roast carrots & parsnips)	Chicken souvlaki, marinated chicken, crisp lettuce, cucumber, tomato & olive salad & mint yoghurt & khobez bread	Breaded haddock with new potatoes, peas & a saffron cream sauce
 £6.75	Celeriac & mushroom arancini with creamy leeks & rocket	Korean soy Bulgogi Rice Bowl, soy mince Bulgogi sauce, quick kimchi salad, pickles, crispy hens egg & steamed rice	Mock Lamb tagine with chickpeas & apricot served with couscous	Halloumi souvlaki, marinated halloumi, crisp lettuce, cucumber, tomato & olive salad & mint yoghurt & khobez bread	Sweet potato and aubergine moussaka served with the salad bar
 £4.75	Pork and Bramley apple sausage roll £4.75	Pork and Bramley apple sausage roll £4.75	BBQ pulled pork sliders, pickles & slaw £4.75	BBQ pulled pork sliders, pickles & slaw £4.75	BBQ pulled pork sliders, pickles & slaw £4.75
	Tuna, cheese & jalapeno peppers £4.95	CBLT (chicken, bacon, lettuce & tomato) £4.95	Plant based chicken cheese & avocado £4.95	Bacon, brie & cranberry £4.95	BBQ sausage & bacon & cheese £4.95

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