



W/C Monday 19th October

THIS WEEK'S MENU

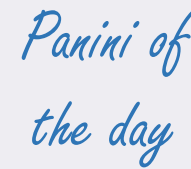
	MON	TUE	WED	THU	FRI
 OATILY awesome £2.50	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings	Freshly made Oatily porridge served with a selection of toppings
 Broken Yolk £4.95	Korean breakfast muffin Spiced sausage patty, American cheese, fried egg & gochujang BBQ sauce	Korean breakfast muffin Spiced sausage patty, American cheese, fried egg & gochujang BBQ sauce	Korean breakfast muffin Spiced sausage patty, American cheese, fried egg & gochujang BBQ sauce	Korean breakfast muffin Spiced sausage patty, American cheese, fried egg & gochujang BBQ sauce	Korean breakfast muffin Spiced sausage patty, American cheese, fried egg & gochujang BBQ sauce
 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
 	Watercress & celeriac Bread of the day	Red lentil & pumpkin Bread of the day	Leek & potato Bread of the day	Carrot & cumin Bread of the day	Curried parsnip Bread of the day
 £7.00	<u>National Pasta day</u> Your choice from a selection of pasta & sauces <u>Meat options</u> Beef Bolognese – classic carbonara - chicken pesto <u>Vegetarian options</u> Soy mince Bolognese – Mushroom carbonara – Green Pesto <u>Pasta options</u> Penne - spaghetti – Conchiglie Served with mixed leaf salad, parmesan & garlic bread	Köttbullar med gräddsås Swedish meatballs with creamy gravy, mashed potato, blackberry & anise preserve served with dill pickled cucumber	Maple & orange glazed gammon ham With roast baby potatoes, minted peas & gravy (add on cauliflower cheese)	Brown stew chicken Jamaican chicken stew with toasted black barley & pigeon peas & mango habanero salsa	Jamaican pepper prawns Spicy king prawns with ackee & saffron risotto
 £6.75	Soy mince Bolognese – Mushroom carbonara – Green Pesto <u>Pasta options</u> Penne - spaghetti – Conchiglie Served with mixed leaf salad, parmesan & garlic bread	Flamingo pea dhal, spiced roast cauliflower & rice pilaf (add on roti & pickles)	Nutless loaf With roast baby potatoes, minted peas & gravy (add on cauliflower cheese)	Jollof arancini Mafé sauce & Kachumbari	Beetroot falafel wrap Beetroot falafel, seasonal slaw, tomato & lettuce (served with the salad bar)
 £4.75	Currywurst dog smoky frankfurter & curried ketchup in a pretzel roll	Currywurst dog smoky frankfurter & curried ketchup in a pretzel roll	Currywurst dog smoky frankfurter & curried ketchup in a pretzel roll	Crispy chicken sub Oat coated chicken with seasonal slaw & spicy mayo	Crispy chicken sub Oat coated chicken with seasonal slaw & spicy mayo
	Ham & mozzarella with caramelized red onion chutney £4.95	Pastrami, Swiss cheese, sauerkraut & mustard £4.95	Chicken, cheese & jalapeno peppers £4.95	Tuna & cheese crunch £4.95	Spicy chicken with cheese & mixed peppers £4.95

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