W/C Monday 9th November

THE NUCLEUS

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	French toast with a mixed berry compote & whipped cream	French toast with a mixed berry compote & whipped cream	French toast with a mixed berry compote & whipped cream	French toast with a mixed berry compote & whipped cream	French toast with a mixed berry compote & whipped cream
RISE AND 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.

W/C Monday 9th November

THE NUCLEUS

THIS WEEK'S MENU

	MON	TUE	WED	THU	FRI
Souped up ADD ONS	Tomato & tarragon Bread of the day	Celeriac & apple Bread of the day	Spiced Jerusalem artichoke Bread of the day	Kale & white bean Bread of the day	French onion Bread of the day
MAIN MEAL £7.00	Thai green chicken curry with fragrant rice	Pulled pork burger BBQ pulled pork, seasonal slaw, pickles, lettuce & tomatoes served with skin on fries	Lamb kofta with giant couscous salad, pickled red cabbage, mint yoghurt & flat bread	Lasagna alla Bolognese served with baby leaf salad & garlic bread	Traditional fish pie served with minted peas & baby leaf salad
EDGY VEGGIE £6.75	Thai green tofu curry with fragrant rice	Penne pasta with mushrooms, spinach & pangrattato	Hasselback butternut squash with pearled spelt, roasted pumpkin seeds & 'This Isn't bacon' bits	Gnocchi with pumpkin & sage with baby leaf salad & garlic bread	Autumn vegetable tortilla pizza served with the salad bar
Deal LICIOUS £4.50	Crispy sweet chilli chicken tacos	Crispy sweet chilli chicken tacos	Crispy sweet chilli chicken tacos	Hot dog Frankfurter in a pretzel roll with ketchup, mustard & crispy onions	Hot dog Frankfurter in a pretzel roll with ketchup, mustard & crispy onions
Panini of the day	Tuna, cheese & jalapeno peppers £4.95	Chicken, bacon & avocado £4.95	Ham, cheese & caramelized red onion £4.95	Chicken, pesto & cheese £4.95	Turkey, 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.