

# BREAKFAST

## BREAKFAST SANDWICHES

TOASTED CUMBERLAND SAUSAGE BURRITO WITH  
JALAPENO SPICED CHEESE & TOMATO SAUCE  
**GLUTEN. DAIRY. SOYA. SULPHITES. CELERY. MUSTARD.**

MAPLE GLAZED STREAKY BACON, CHEDDAR SCRAMBLED  
EGG IN TOASTED SOURDOUGH  
**GLUTEN. DAIRY. SOYA. SULPHITES. EGGS.**

ROASTED TOMATO CHILLI JAM, PORTOBELLO MUSHROOM,  
CAMEMBERT, AVOCADO & SPINACH IN SOURDOUGH  
**GLUTEN. DAIRY. SULPHITES. SOYA.**

SMASHED AVOCADO, SCRAMBLED TOFU, NEW POTATO HASH  
& ROASTED TOMATO, WRAP  
**GLUTEN. SOYA. SULPHITES.**

## CROISSANTS

### HAM & CHEESE

GLUTEN. DAIRY. SULPHITES. SOYA.

### CHILLI JAM, AVOCADO & CHEESY SCRAMBLED EGGS

GLUTEN. EGG. DAIRY. SULPHITES.

### EGGS ON SOURDOUGH TOAST

FRIED, POACHED OR SCRAMBLED

### AVOCADO ON SOURDOUGH TOAST

ADD SMOKED SALMON OR BACON

# CHRISTMAS SPECIALS

## HOT BOX

ROASTED TURKEY BREAST, SAGE & APRICOT PORK STUFFING,  
SEASONAL VEGETABLES & ROSEMARY GRAVY  
**GLUTEN. DAIRY. SULPHITES. SOYA. MUSTARD. CELERY. EGG.**

SAGE & LENTIL NUT ROAST, WITH SEASONAL VEGETABLES &  
ROSEMARY GRAVY NEW POTATOES  
**GLUTEN. SULPHITES. SOYA. MUSTARD. CELERY. NUTS.**

## SANDWICHES

TOASTED CAMEMBERT, ROASTED TURKEY, SPINACH &  
CRANBERRY JAM ON SOURDOUGH  
**GLUTEN. DAIRY. SULPHITES. SOYA. MUSTARD. CELERY.**

## SALADS

PEAR SALAD WITH CHICORY, ENDIVE, PARSLEY  
& BLUE CHEESE DRESSING  
**DAIRY. SULPHITES. SOYA. MUSTARD. CELERY.**

## SOUP

ROASTED PARSNIP & ROSEMARY SOUP  
**SULPHITES. SOYA. CELERY.**

## CAKES

HAZELNUT & ORANGE CHOCOLATE SHORTBREAD  
**NUTS. DAIRY. GLUTEN. EGGS. SOYA.**

STOLEN PUFF PASTRY TWIST  
**DAIRY. GLUTEN. EGGS. SOYA. NUTS.**

CHOCOLATE, CHERRY CAKE WITH ORANGE GANACHE  
**SOYA. SULPHITES. GLUTEN. EGGS. DAIRY.**

# HOT BOX MENU

## MONDAY

CHICKEN & LEEK MUSHROOM, PIE ROASTED NEW  
POTATOES & PUFF PASTRY  
**GLUTEN. MUSTARD. DAIRY. SULPHITES.**

LEEK & MUSHROOM PIE, ROASTED NEW POTATOES  
& PUFF PASTRY (V)  
**GLUTEN. MUSTARD. SULPHITES.**

## TUESDAY

SPICY PORK MEATBALLS, CREAMY MASH POTATOES  
& TOMATO MARINARA SAUCE  
**CELERY. GLUTEN. EGGS. SOY. DAIRY.**

MOVING MOUNTAIN MEAT BALLS, NEW POTATOES  
& TOMATO MARINA SAUCE (VE)  
**CELERY. GLUTEN. SOY. SULPHITES.**

## WEDNESDAY

THAI RED CHICKEN CURRY & STICKY RICE  
**CRUSTACEANS. SOY. CELERY. FISH. SESAME. PEANUTS.**

THAI YELLOW VEGETABLE CURRY & STICKY RICE (V)  
**SOY. CELERY. SESAME. PEANUTS.**

## THURSDAY

LEMON ROAST CHICKEN, OLIVE & TOMATO PARSLEY  
COUSCOUS & HARISSA YOGHURT  
**SULPHER. GLUTEN. DAIRY. SOY. CELERY. MUSTARD.**

MOROCCAN ROASTED VEGETABLES, OLIVE & TOMATO  
PARSLEY COUSCOUS & HARISSA YOGHURT (VE)  
**SULPHER. GLUTEN. SOY. CELERY. MUSTARD.**

## FRIDAY

BATTERED COD, HAND CUT CHIPS, MUSHY PEAS  
& TARTAR SAUCE  
**FISH. GLUTEN. EGGS. MUSTARD. SULPHER. SOY.**

BATTERED TOFISH, HAND CUT CHIPS, MUSHY PEAS  
& TARTAR SAUCE (VE)  
**GLUTEN. MUSTARD. SULPHER. SOY.**

# SOUP MENU

## MONDAY

ROASTED BUTTERNUT SQUASH & SAGE SOUP (VE)  
**SULPHITES. CELERY.**

## TUESDAY

ROASTED GARLIC & BUTTER BEAN SOUP (VE)  
**SULPHITES. CELERY.**

## WEDNESDAY

LEEK & SPINACH SOUP FRESH THYME (VE)  
**SULPHITES. CELERY.**

## THURSDAY

SPICY TOMATO & ROASTED PEPPER SOUP (VE)  
**SULPHITES. CELERY.**

## FRIDAY

CHESTNUT MUSHROOM SOUP (VE)  
**SULPHITES. CELERY.**

## SALADS

### SALADS

ROASTED SWEET POTATO, KALE, PICKLED ONIONS,  
POMEGRANATE & HUMMUS (VE)  
**SESAME. SOYA. SULPHITES.**

ROASTED BROCCOLI & MISO DRESSING (VE)  
**SOYA. SESAME. PEANUTS. CELERY. SULPHITES. GLUTEN.**

DIRTY CAJUN RICE SALAD SWEETCORN & PEPPERS (VE)  
**SULPHITES. CELERY. SOYA. MUSTARD.**

ZINGY LIME DRESSED CABBAGE SALAD, CARROTS  
& CUCUMBER, (VE)  
**MUSTARD. SOYA. SULPHITES.**

### PROTEIN

HONEY LEMON & THYME, ROAST CHICKEN THIGHS  
**SULPHITES.**

HARISSA SPICED TOFU  
**CELERY. MUSTARD. SOYA. SULPHITES. GLUTEN.**

# SANDWICHES

## SANDWICHES

CLASSIC BLT.

**SOYA. GLUTEN. EGG. MUSTARD. SULPHITES. SESAME.**

PASTRAMI, WHOLE GRAIN MUSTARD, EMMENTAL CHEESE,  
GHERKINS, WATERCRESS ON A TOASTED BAGEL

**DAIRY. MUSTARD. GLUTEN. EGG. SULPHITES. SOYA.**

HOI SIN PULLED CHICKEN & ASIAN SLAW WRAP

**SULPHITES. CELERY. EGG. DAIRY. GLUTEN. SOYA. FISH. SESAME.**

TUNA MAYO BAGUETTE, SWEETCORN, CRISP LETTUCE.

**DAIRY. SULPHITES. GLUTEN. EGG. MUSTARD.**

ROASTED VEGETABLES, PESTO ROCKET PORTOBELLO  
MUSHROOMS & TOASTED CIABATTA (V)

**SOYA. GLUTEN. SULPHITES.**

FALAFEL, PICKLED ONION & HUMMUS WRAP (VE)

**SOYA. SULPHITES. CELERY. GLUTEN. SESAME.**