

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.

HOT BOX MENU

MONDAY

SOURDOUGH FLATBREAD WITH GRILLED CHICKEN, TOMATO, ICEBERG, RED ONION, CUCUMBER, CHILLI SAUCE & GARLIC MAYO

DAIRY. SOYA. GLUTEN. MUSTARD. CELERY. SULPHITES.

SOURDOUGH FLATBREAD WITH GRILLED HALLOUMI, MINTED YOGHURT, TOMATO, ICEBERG, RED ONION & GARLIC MAYO (V)

DAIRY. SOYA. GLUTEN. MUSTARD. CELERY. SULPHITES.

TUESDAY

ROASTED CUMBERLAND SAUSAGES, BRAISED HARICOT & BUTTER BEANS & CHILLI MARINARA SAUCE

SULPHITES. CELERY. DAIRY. SOYA. MUSTARD. GLUTEN.

ROASTED VEGETABLE SAUSAGES, HARICOT AND BUTTER BEANS & CHILLI MARINARA SAUCE (VE)

SULPHITES. CELERY. SOYA. MUSTARD. GLUTEN.

WEDNESDAY

TANDOORI CHICKEN CURRY, STEAMED RICE & MINTED YOGHURT

MUSTARD. GLUTEN. SOYA. SULPHITES. DAIRY. CELERY.

TANDOORI VEGETABLE CURRY, STEAMED RICE & MINTED YOGHURT (VE)

MUSTARD. GLUTEN. SULPHITES. CELERY.

THURSDAY

CREAMY MUSHROOM PASTA, CHICKEN, SPINACH & ROASTED MUSHROOMS

SULPHITES. MUSTARD. SOYA. CELERY. SESAME.

DAIRY. GLUTEN.

CREAMY MUSHROOM PASTA, SPINACH & ROASTED MUSHROOMS (V)

SULPHITES. MUSTARD. SOYA. DAIRY. CELERY.

SESAME. GLUTEN.

FRIDAY

FISH FINGER SANDWICH, TARTAR SAUCE, TOMATO, BABY GEM & CHIPS

FISH. GLUTEN. EGGS. MUSTARD. SULPHITES. SOYA.

TOFU "FISH" FINGER SANDWICH, TARTAR SAUCE, TOMATO, BABY GEM & CHIPS (VE)

GLUTEN. MUSTARD. SULPHITES. SOYA.

SOUP MENU

MONDAY

SPICED RAS EL HANOUT CHICKPEA SOUP (VE)
SULPHITES. SOYA. GLUTEN. CELERY.

TUESDAY

PEA AND WATERCRESS SOUP (VE)
SULPHITES. CELERY.

WEDNESDAY

KOREAN NOODLE SOUP (VE)
SULPHITES. SESAME. SOYA. CELERY.

THURSDAY

SAGE & COURGETTE SOUP (VE)
SULPHITES. CELERY.

FRIDAY

CREAM OF FENNEL SOUP (VE)
SULPHITES. CELERY. SOYA.

SALADS

SALADS

ROASTED COURGETTE, DRIED TOMATO & WHITE BEAN SALAD
& SPINACH (VE)

SULPHITES. MUSTARD. CELERY. SOYA.

BLOOD ORANGE & FENNEL RICE SALAD, KALE
& PICKLED ONIONS (VE)

SOYA. SULPHITES.

ROASTED BROCCOLI FLORETS, SPICY CHILLI MAYO DRESSING
& SUNFLOWER SEEDS (VE)

SOYA. SULPHITES. CELERY.

MIXED LEAF SALAD (LOLLO ROSSA, BABY GEM, CURLY ENDIVE
& CHICORY) (VE)

PROTEIN (HOT)

SOYA & GINGER ROASTED CHICKEN THIGHS

SOYA. SULPHITES. SESAME. MUSTARD. CELERY.

SMOKED PAPRIKA SPICED BEEF MEATBALLS

SOYA. SULPHITES. MUSTARD. CELERY.

FALAFEL WITH TOMATO & RED PEPPER SALSA (VE)

CELERY. MUSTARD. SOYA. SULPHITES. GLUTEN. SESAME.

PROTEIN (COLD)

SMOKED MACKEREL POTS

FISH. SULPHITES.

POACHED PRAWN POTS

CRUSTACEANS.

CRUMBLLED FETA POTS

DAIRY. SULPHITES.

SANDWICHES

CHICKEN SHAWARMA, FLATBREAD, GARLIC MAYO, PICKLED RED ONIONS, CUCUMBER & TOMATOES

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

SMOKED HAM & APPLEWOOD CHEESE, TOMATO, BABY GEM, TOMATO & ONION RELISH

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

CRISP CHICKEN BAP, KATSU MAYO, PICKLED MAYO & BABY GEM

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

POACHED SALMON BAGEL, SOUR CREAM, SHALLOTS, CUCUMBER & WATERCRESS

DAIRY. SULPHITES. MUSTARD. EGGS. GLUTEN. FISH.

CHILLI JAM, AVOCADO & KALE, ROASTED SQUASH, ARTISAN BREAD ROLL, VEGAN CREAM CHEESE (VE)

SOYA. SULPHITES. CELERY. GLUTEN.