

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Broccoli Soup 90kcal	Tom Yum Soup 121kcal	Soupe au Pistou 245kcal	Cumin Aubergine Soup 157kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Cajun Chicken 369kcal (Halal)	Bavette Steak with Peppercorn Sauce 304kcal (Light Lunch)	West Indian Style Chicken with sauce Chien 268kcal (Halal)	Chicken and Chorizo Paella 563kcal
Chinese Vegetable Stew 348kcal (Vegan)	Spicy Bean Burger with Tomato Salsa 503kcal (Vegan) (Street Food)	West Indian Vegetable Curry 543 kcal (Vegan)	Tomato and Halloumi One Pot 577kcal
Cambodian Cucumber Salad 238kcal	Dauphinoise Potatoes 352kcal	Caribbean Slaw 262kcal	Garlic Roasted Green Beans 72kcal
Ginger Fried Rice 148kcal	Sesame Roasted Broccoli 73kcal	Gallo Pinto 369kcal	Patatas Bravas 407kcal
Stir Fried Chilli Aubergine 222kcal	Skinny Fries 337kcal	Cuban Black Beans 305kcal	Spanish Style Bread 290kcal
Wilted Pak Choi 110kcal		Steamed Cabbage 52kcal	Ceaser Salad 330kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
5 Spiced Bread and Butter Pudding 486kcal	Apple and Cinnamon Crumble 226kcal	Lemon and Orange Tart with Crème Chantilly 570kcal	Lime Posset 619kcal

Friday	Saturday	Sunday
Spiced Lentil Soup 138kcal		Honey Roast Parsnip Soup 237kcal
Served With Freshly Baked Bread	Brunch	Served With Freshly Baked Bread
Korean Style Bulgogi Beef 494kcal		Roasted Pork Loin With Mustard Sauce 562kcal
Freshly Battered Haddock 326kcal	Selection Of Pastries, Paninis and Toasties	
Freshly Battered Haddock 326kcal		Root Vegetable and Lentil Casserole 457kcal
Cauliflower Steak with Crispy Capers 277kcal (Vegan)		Roasted Potato's 391kcal
Double Cooked Hand Cut Chips	Waffles and Chocolate Sauce	Sweetheart Cabbage 68kcal
Mushy Peas 173kcal		Roasted Beetroot 86kcal
Rice 130kcal		
DESSERT OF THE DAY	Fruit Salad 56kcal	DESSERT OF THE DAY
Coffee and Walnut Cake 620kcal		Apple Crumble 322kcal

Enjoy our freshly prepared salads every day!