

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday South African day	Thursday
Mushroom and tarragon soup 110kcal	Broccoli and almond soup 150kcal	Peanut soup	Soup of the day
Lamb kofta, flatbread 300kcal (Halal)	Pan fried seabass, Chimichurri 300kcal	Braai chicken leg	Roast chicken (halal) 180kcal
Falafel, beetroot hummus, flatbread and couscous 350kcal	Vegan bean and rice bowl, guacamole, jalapeno, shredded lettuce 400kcal	Chickpea bunny chow (vegan)	Bean burger with loaded fries 609kcal (vegan)
Chickpea and spinach with honeyed sweet potato (Vegetarian) 300kcal	Butternut squash, sage, feta and brown butter gnocchi (Vegetarian) 400kcal	Coconut rice with red bean and mango	Tomato keftedes (Vegetarian) 250kcal
Sweetcorn and peach salsa 70kcal	Pea and mangetout with dill and lemon 100kcal	Chakalaka	Roasted courgette and peppers 270kcal
Olive raisin and caper giant couscous 150kcal	Lemon and thyme new potato 190kcal	Peanut slaw	Garlic and rosemary roast potato 307kcal
Apricot eton mess 400 kcal	Tiramisu 240kcal	Melktert	Lychee and strawberry tartlet 350kcal

Enjoy
our
freshly
prepared
salads
every
day!