



Main Course

Milky Tempura Calamari served with fried Shredded vegetables and sour cream and chive and or sweet chilli sauce

Lemon Garlic Butter Chicken Thighs Green Beans. This paleo, low carb, keto-friendly cooked in one skillet.

Spanish vegetable frittata

Chinese vegetable chop suey: Beansprouts shredded carrot, red, yellow, and green bell pepper, mushrooms, pak choi, onion with soy sauce, corn starch, sherry vinegar and of course garlic and ginger

Plant Deli

A wide variety of Current trend Superfood Salads

Bahji's, Pakoras, pickles

Freshly Blanched chilled Vegetables

Ancient Grains

A selection of dressings

Honey Roast glazed Ham

A selection of cheeses and Grapes

Boiled Eggs

Dessert

A selection of chilled Desserts, fresh fruit

Juices

Hot beverages

All food is picked and delivered by our suppliers and therefore we cannot guarantee that an allergen may not be present.

All food is then prepared by our chefs each day with ingredient allergens labelled on production of the food.

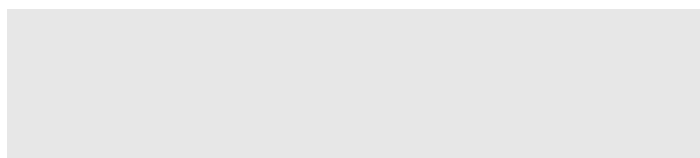
Deep fried foods may contain allergies as fryers are not specific to any one food item.

Should you have any concerns, please ask one of our team members for assistance.

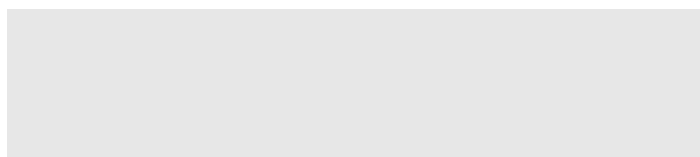


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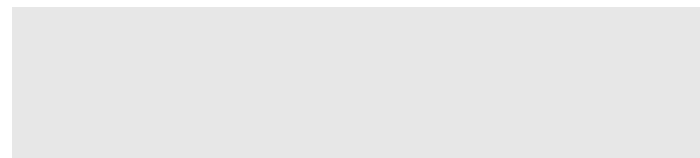
Battered cod served with homemade Tartar Sauce and lemon



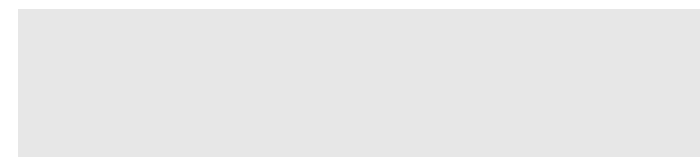
Steak and Ale pie topped with puff pastry and baked in the oven



Classic Ratatouille with garlic, aubergines, Courgettes, red or yellow peppers, tomatoes, fresh basil, olive oil, thyme



Cheese and tomato Omelette



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skillet chicken fresh garlic, thyme, red pepper flakes, cream, parmesan cheese, sundried tomatoes, and fresh basil

Crispy Shredded chilli beef with Fresh shredded Carrot, peppers, Spring Onion, Fresh vegetables, garlic and Chinese chilli seasoning.

Harissa Baked Aubergine with Crispy chickpeas and greens

Cheese and Onion Puff Pastry Slice

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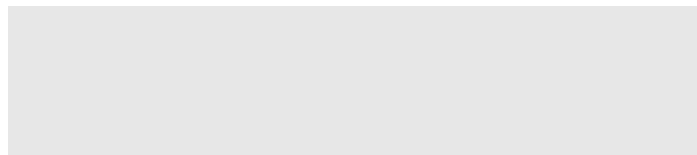
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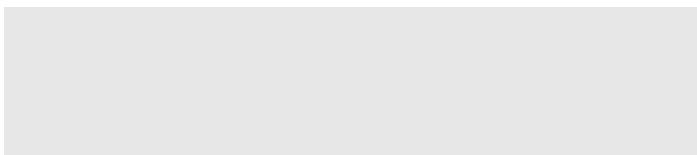


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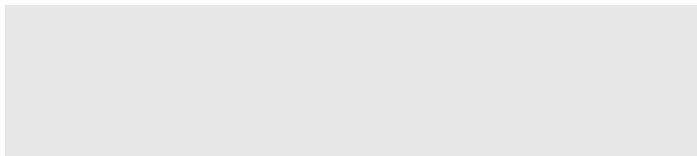
Chicken Chasseur with white wine, crushed garlic and tomatoes



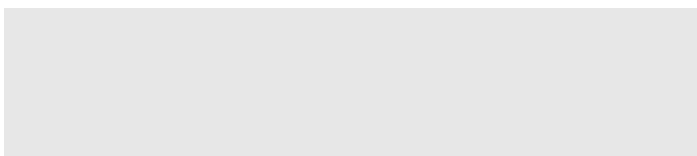
Beer Battered cod fillet served with homemade tartar sauce and lemon



Golden Mac and Cheese: Penne Pasta in a rich cheese sauce with English mustard and seasoning and cooked until golden



Tempura Vegetables with sweet Thai sauce



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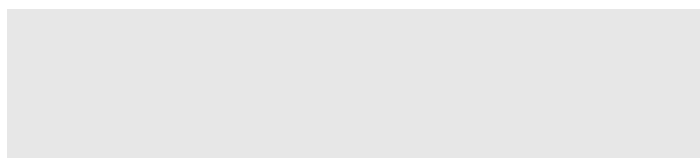
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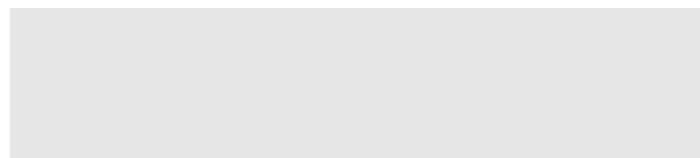


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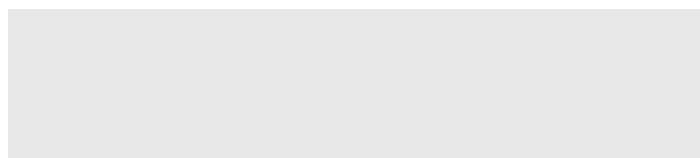
Crispy Chinese Chicken Salt and Pepper
Chicken with sweet chilli sauce



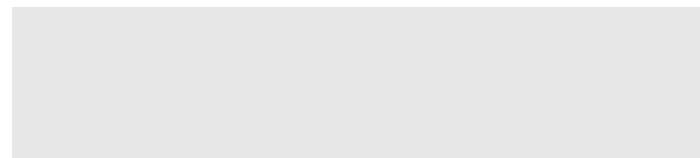
Baked Cod fillet on a bed of crushed new
potatoes with crispy capers



Parmegiana: Layered Aubergine, Courgette,
tomatoes, garlic, fresh herbs, cracked salt
and pepper topped with A rich cheese sauce
and baked in the oven



vegan meatballs in a rich tomato sauce with
fresh basil, herbs and seasoning



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