

# THE KITCHEN

	Monday - 28 <sup>th</sup>	Tuesday - 29 <sup>th</sup> National Cheese Toastie Day - Deli Bar	Wednesday - 30 <sup>th</sup>	Thursday - 31 <sup>st</sup> Diwali - Ez Restaurant Halloween - Ez Shop	Friday - 1 <sup>st</sup>
<b>Soup - £1.90</b> <b>Soup Bread - £0.85</b>	Thai Chickpea and Sweet Potato (360kcal) Homemade Focaccia (308kcal)	Spiced Lentil and Swede (184kcal) Homemade Focaccia (308kcal)	Leek, Butterbean and Crispy Chorizo (412kcal) Homemade Focaccia (308kcal)	Mulligatawny Soup (293kcal) Homemade Focaccia (308kcal)	Moroccan Aubergine and Chickpea (234kcal) Homemade Focaccia (308kcal)
<b>Main Meal £5.75</b>	Lebanese Chicken Served with Coriander and Lemon Cous Cous and Pomegranate Dressing	Classic Beef Burger, BBQ Sauce, Cheese, Jalapeno Slaw (648kcal) Skinny Garlic Fries (265kcal)	Brazilian Chicken Strips Flatbread Chilli Sauce, Garlic Mayo, Mixed Salad (851kcal)	Chicken Drumstick with Cashew and Turmeric (256kcal) Onion and Rosewater Rice (199kcal) Onion Bhaji (98kcal) Garlic and Coriander Naan Wedge (81kcal) Mango Chutney (38kcal)	Beer Battered MSC Battered Pollock Fillet (394kcal) Chips (225kcal) Tartare Sauce (85kcal)
<b>Bolt on</b>	Garlic Flatbread (143kcal)	Breaded Mozzarella Sticks, Tomato Salsa x 4 (437kcal) £2.50	Cheese Stuffed Jalapeno Poppers x 4 £3.00 (351kcal)	Large Samosa x 1 £1.80 (231kcal) Onion Bhaji x 2 £1.80 (196kcal)	Gravy (28kcal) - £0.80p
<b>Vegetarian Meal £5.50</b>	Ricotta and Spinach Cannelloni	Field Mushroom and Halloumi Burger, BBQ Sauce, Cheese, Jalapeno Slaw (684kcal) Skinny Garlic Fries (265kcal)	Brazilian Sweet Potato Flatbread Chilli Sauce, Garlic Mayo, Mixed Salad (743kcal)	<b><u>Kathi Paneer Roll</u></b> Spiced Paneer (308kcal) Chapatti (292kcal) Red Onion, Cucumber and Coriander Salad (51kcal) Tamarind Chutney (45kcal) Green Chutney (28kcal)	Beer Battered Banana Blossom (3054kcal) Chips (225kcal) Tartare Sauce (85kcal)
<b>Potatoes - £1.45</b>	Sumac Roast New Potatoes (155kcal)	Sweet Potato Wedges (189kcal)	Skinny Fries (225kcal)	Salt and Pepper Chips (225kcal) - £1.65	Chips (225kcal)
<b>Vegetable - £1.30</b>	Fried Cauliflower with Tahini, Garlic and Lemon	Roasted Broccoli with Almond and Lemon Dressing (199kcal)	Green Beans with Lemon and Garlic (143kcal)	Green Beans with Turmeric and Toasted Coconut (72kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
<b>Hot Hand Held</b>	Homemade Pork and Sage Sausage Roll (571kcal) £4.00	Buffalo Chicken Wings, Ranch Dressing, Crispy Onions, Spring Onion and Coriander (685kcal) £4.00	Thai Style Cod and Prawn Fishcake Thai Noodle Salad \$4.00	<b><u>Shami Kebab</u></b> Minced Lamb & Lentil Pattie (265kcal) or Quorn Keema Pattie (196kcal) Served with Lentil Dahl (206kcal) and Raita (86kcal)	Jumbo Battered Sausage £2.85 (513kcal) Saveloy £2.00 (207kcal)
<b>Available Everyday</b>	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)
<b>Hot Sweet £2.20</b>	Belgium Waffles (398kcal) Chocolate Sauce (58kcal)	Apple Crumble (234kcal) Custard (80kcal)	Steamed Syrup Sponge (496kcal) Vanilla Custard (80kcal)	<b><u>Semiya Payasam</u></b> Cardamon Spiced Vermicelli Pudding (180kcal) <b><u>Gajar Halwa</u></b> Carrot Halwa (319kcal)	Lemon Curd Sponge (370kcal) Cream (158kcal)