# WEEKLY MENU

## **MONDAY - FRIDAY**

SOUP 2.00

COOKING

LIVE COOKING/ HAND HELD

## MONDAY

### TUESDAY

## WEDNESDAY THURSDAY

### FRIDAY

Carrot & cumin Soup Roasted carrot, chickpea, coriander 128kcal

Garden pea, spinach & mint Soup Cannellini beans, mint sauce, granny Smith 143kcal Thai spiced parsnip soup Coconut, basil, potatoes, lime 159kcal Mushroom & tarragon soup Butterbean, balsamic mushroom, chive oil 144kcal

Autumn vegetable Soup Peas, carrots, potato, chive oil 160kcal

#### Crispy chicken poke bowl-7.50

Avocado, pickled red cabbage, radish, spring onions, edamame peas, crushed cashews, rice, crispy onions, chilli honey soy dressing, lime 652kcal

Kofte & flatbreads -7.50

Lamb & lentil kofte kebabs, humus, couscous, minted yogurt, charred tomatoes & onions 692kcal

#### Korean Bao buns- 7.50

Sticky pork, steamed rice, pickled cucumber, crispy onions, kimchi, honey soy glaze 698kcal

# British Food Fortnight Pie – 7.00

Chicken, wild mushroom & leek puff pastry pie, crispy potatoes, autumn greens 697kcal

#### Pizza day special

## Selection of freshly made stone baked pizzas

Chicken wings 152kcal Fries 405kcal Mozzarella sticks 160kcal

Crispy tofu poke bowl – 7.00

540kcal

Sweet potato and lentil kofte- 7.00
540kcal

Sticky glazed autumn vegetables- 7.00
598kcal

.00

Vegan sausage roll - 6.50
Crispy potatoes, autumn greens
725kcal

# WEEKLY MENU

**MONDAY - FRIDAY** 

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARGARITA 6.00	Pizza bar closed today	Classic cheese & tomato 870kcal			
MEAT 7.50					Meat feast 1287kcal
UEGETARIAN 7.50					Veggie supreme 1051kca
TOPPINGS					Dried chilli flakes Crispy onion Flavoured oils