

WEEKLY MENU

MONDAY - FRIDAY

SOUP
2.15

LIVE COOKING

**LIVE COOKING/
HAND HELD**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Sweet potato Soup
Cannellini bean, Cumin roast
carrot, chive oil
150kcal

Spiced Carrot & coriander Soup
Roast chickpea, red lentils,
coriander, curry oil
143kcal

Minestrone soup
Pasta, focaccia
croutons, carrots,
pesto, peas
159kcal

Leek and potato
soup
Crispy potato,
sauteed leeks,
parsley oil
176 kcal

Spring vegetable Soup
Roots & beans, chive oil
150kcal

Poke bowl – 7.50
Sticky sweet chilli chicken, edamame
peas, avocado, pickled red onions,
charred corn, rice, crispy onions
489kcal

**Spiced ground beef &
chickpea meatballs – 7.50**
Cumin scented caramelised
tomato sauce, couscous,
lentils, fresh herbs, lemon
yogurt
501 kcal

Honey glazed slow roast gammon- 7.50
Potato sourdough roll, Celeriac & apple
slaw, fries, rocket
798kcal

Goulash– 7.50
Slow braised pork, Spring vegetables,
paprika and potatoes served with
crusty bread , Spring green cabbage
& sour cream
602 kcal

Pizza special day

Onion rings 1.00 x4
250kcal
BBQ chicken wing 1.00
152kcal

Poke bowl - 7.00
Sticky sweet chilli cauliflower,
edamame peas, avocado, pickled red
onions, charred corn, rice, crispy
onions
459kcal

Lentil dhal- 6.50
Flatbread, lemon yogurt
398 kcal

Jerk vegetable curry -7.00
Rice 'N' Peas
425kcal

Goulash- 7.00
Butter Beans, Spring vegetables,
paprika and potatoes served with
crusty bread, Spring green cabbage &
sour cream
524kcal

Mozzarella sticks 1.00 x 2
160kcal
Fries 1.50
405kcal

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARGARITA	Classic Cheese and Tomato Calzone 6.50 807kcal	Classic Cheese and Tomato deep pan pizza 6.50 1007kcal		Classic Cheese and Tomato Calzone 6.50 807kcal	Classic Cheese and Tomato hand stretched thin base 6.50 807kcal
MEAT	Spicy Chorizo calzone 6.50 914 kcal	Spicy beef & green pepper deep pan pizza 7.50 1207kcal	Meat ball sub roll, mozzarella Cajun potato wedges 7.50 814kcal	Spicy Chicken calzone 6.50 914 kcal	Meat feast hand stretched thin base 7.50 1180kcal
VEGETARIAN	Roast pepper & red onion calzone 6.50 825 kcal	Goats cheese & red onion deep pan pizza 7.50 1207kcal		Pesto & spinach calzone 6.50 825 kcal	Veggie supreme hand stretched thin base 7.50 925kcal
TOPPINGS	Dried Chilli Flakes Crispy Onion Flavoured Oils	Dried Chilli Flakes Crispy Onion Flavoured Oils		Dried Chilli Flakes Crispy Onion Flavoured Oils	Dried Chilli Flakes Crispy Onion Flavoured Oils