

WEEKLY MENU

Sustainable nutrition based



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SOUP
WITH
PURPOSE**

MAIN EVENT

**PLANT
POWERED**

TO FINISH

Sweetcorn chowder
Corn, red chilli, crisp potato, chive
198kcal
2.15

Closed for BBQ event

Indian takeover day
Butter chicken curry
Pilau rice, poppadom's, chutney & pickles
628kcal
7.50

Chickpea & lentil jalfrezi
Pilau rice, poppadom's, chutney & pickles
501kcal
7.50

Summer berry Eton Mess
365 kcal
3.00

Asparagus, pea & mint soup
Peas, lemon zest, butterbeans, fresh dill
158kcal
2.15

Turkey & sweetcorn meatballs
Roasted red pepper sauce, fluffy couscous, dill yogurt
498kcal
7.50

Roasted sumac vegetables
Roasted red pepper sauce, fluffy couscous, plant powered yogurt
416kcal
6.50

Summer minestrone soup
Pasta, garden vegetables, herb pesto
192kcal
2.15

Mexican ancho chilli slow braised pork tacos
Avocado sour cream, cheddar, pickled red onions, black bean rice, hot sauce
625kcal
7.50

Roasted baby corn chilli tacos
Black bean rice, hot sauce, pickled red onions, plant-based yogurt
515kcal
6.50

Summer vegetable Soup
Roots & beans, chive oil
135kcal
2.15

Panko crusted Cajun chicken breast
To add to the nourish to flourish salad bar selection
227kcal
3.50

Plant powered meatballs
To add to the nourish to flourish salad bar selection
227kcal
3.50

WEEKLY MENU

Pizza Bar Based

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARGARITA		Indian takeover day	Classic Cheese and Tomato Deep pan pizza 6.50 925kcal		Classic Cheese and Tomato hand stretched thin base 6.50 807kcal
MEAT	Closed for BBQ event	Handmade peshwari naan bread 1.50 207kcal	Spicy chorizo deep pan pizza 7.50 1174 kcal	Romano pizza base with Italian salami, rocket, pesto & parmesan 6.50 789 kcal	Meat feast hand stretched thin base 7.50 1180kcal
VEGETARIAN		Vegetable samosa 2.50 227kcal	Mushroom & pesto deep pan pizza 7.50 1025kcal	Romano pizza base with roasted vegetables, rocket, pesto & parmesan 6.50 721 kcal	Veggie supreme hand stretched thin base 7.50 925kcal
BOLT ONS		Onion bhajis x 2 1.50 175kcal	Mozzarella sticks x 2 150kcal 1.00	Spicy fries 405 kcal 1.50	Chicken wings 152kcal 1.00 Fries 405kcal 1.50