

WEEKLY MENU

Sustainable nutrition based

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP WITH PURPOSE	Spring green, potato & garden herb Soup Jersey royals, lemon, chive 152 kcal 2.15	Tomato & Fresh basil soup Orzo pasta, sunflower seed pesto 168kcal 2.15	Curried cauliflower, white bean & coconut soup Onion bhaji, red chilli, coriander 198kcal 2.15	Carrot & split yellow pea soup Spiced carrot, chickpea, onion seed 132kcal 2.15	Summer vegetable Soup Roots & beans, chive oil 135kcal 2.15
MAIN EVENT	Italian pork & caramelised fennel linguine pasta, sunflower seed pesto, rocket, Grana Padano cheese 598kcal 7.50	Venison chilli con carne Lime scented rice, herb sour cream, crisp taco 602kcal 7.50	Smokey souvlaki chicken Tzatziki potato salad, Olives, tomatoes, summer leaves, warm bread 598kcal 7.50	Teriyaki pork & wok fired vegetables Egg fried rice, white bean sesame toast 695kcal 7.50	Honey mustard glazed chicken breast To add to the nourish to flourish salad bar selection 227kcal 3.50
PLANT POWERED	Baked Stuffed peppers To add to the nourish to flourish salad bar selection 225kcal 2.85	Plant powered lasagne, Pesto crust, dressed rocket 509kcal 7.00	Jerk spiced black bean curry Rice N peas 498kcal 7.00	Red lentil & chickpea burger Crisp lettuce, chutney, warm new potatoes 566kcal 7.50	Plant powered sausage roll To add to the nourish to flourish salad bar selection 227kcal 3.50
TO FINISH		Tiramisu 315 kcal 3.00			

WEEKLY MENU

Pizza Bar Based

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARGARITA	Classic Cheese and Tomato Calzone 6.50 707kcal	Classic Cheese and Tomato deep pan pizza 6.50 1007kcal		Classic Cheese and Tomato Calzone 6.50 707kcal	Classic Cheese and Tomato hand stretched thin base 6.50 807kcal
MEAT	Italian salami calzone 6.50 880 kcal	Spicy pork deep pan pizza 7.50 1207kcal	Honey mustard glazed pulled ham and aged cheddar cheese toastie with caramelised onions & seasoned fries 7.50 714kcal	Chicken & pesto calzone 6.50 880 kcal	Meat feast hand stretched thin base 7.50 1180kcal
VEGETARIAN	Mushroom & pesto calzone 6.50 825kcal	Roast peppers & sweetcorn deep pan pizza 7.50 1207kcal		Spinach & feta calzone 6.50 825kcal	Veggie supreme hand stretched thin base 7.50 925kcal
BOLT ONS	Onion rings x 4 250kcal 1.00	Mozzarella sticks x 2 160kcal 1.00		Spicy fries 405 kcal 1.50	Chicken wings 152kcal 1.00 Fries 405kcal 1.50