

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	Beef and black bean lasagne Garlic bread, garden salad, balsamic dressing 598kcal 7.50	Chicken Katsu, sticky rice, Mango curry sauce, soy & sesame pickled slaw 615kcal 7.50	Venison meatballs Spiced grains & pulses, fennel tzatziki, pickled red onions, smoked tomato drizzle 515kcal 7.50	Thai green pork & vegetable curry Fluffy rice, chickpea bhaji, toasted coconut 575kcal 7.50	Honey mustard glazed chicken breast To add to the nourish to flourish salad bar selection 227kcal 3.50
PLANT POWERED	Harissa baked aubergine To add to the nourish to flourish salad bar selection 119kcal 2.85	Tofu Katsu, sticky rice, Mango curry sauce, soy & sesame pickled slaw 605kcal 7.50	Spinach and lemon falafels Spiced grains & pulses, fennel tzatziki, pickled red onions, smoked tomato drizzle 515kcal 7.50	Red lentil & black bean chilli Fluffy rice, plant powered yogurt 456kcal 6.50	Plant powered sausage roll To add to the nourish to flourish salad bar selection 227kcal 3.50
TO FINISH			Classic Pimm's Jelly dessert pot 325 kcal 3.00		

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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	Spicy chorizo calzone 6.50 880 kcal	Ham & pineapple 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	Spicy 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