

WEEKLY MENU

Sustainable nutrition based

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP WITH PURPOSE	Tomato & rosemary Beans, roast red peppers 198kcal 2.15	Spiced pumpkin soup Roasted pumpkin, chilli, toasted seeds 189kcal 2.15	Thai leek & potato soup Crisp potato, coconut & coriander 158kcal 2.15	Carrot & lentil soup Roast carrot, chickpea, onion seeds 172kcal 2.15	Autumn vegetable Soup Roots & beans, Thyme oil 135kcal 2.15
MAIN EVENT	Sausage & pumpkin linguine Pumpkin seed pesto, kale, cream sauce Fresh parmesan 598kcal 7.50	Thai red chicken curry Steamed rice, prawn crackers 598kcal 7.50	Turkey schnitzel Leek & cheddar mash 602kcal 7.50	Pork & apple burger Pretzel roll, slow caramelised onions, , mustard slaw, rocket leaves 625kcal 6.50	Panko crusted Cajun chicken breast To add to the nourish to flourish salad bar selection 227kcal 3.50
PLANT POWERED	Sweet potato falafels To add to the nourish to flourish salad bar selection 416kcal 3.00	Jerk spiced pumpkin curry Steamed rice 501kcal 7.50	Spicy bean burger Crusty potato roll, rocket, chilli jam 516kcal 6.50	Vegetable samosa, Pilau rice, coconut curry sauce 515kcal 6.50	Plant powered meatballs To add to the nourish to flourish salad bar selection 227kcal 3.50
BOLT ONS	Garlic potato bread 125kcal 1.00 Rocket parmesan balsamic salad 52kcal 1.00	Spring roll 168 kcal 2.00 Cumin chilli roasted carrots 38kcal 1.00	Fries 268 kcal 2.00 Buttered cabbage 38kcal 1.00	Sage & onion scented crispy potatoes 268 kcal 2.00	
TO FINISH			Golden syrup sponge with custard 530kcal 3.50		

WEEKLY MENU

Pizza Bar Based

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARGARITA	Classic Cheese and Tomato Calzone 6.50 707kcal		Classic Cheese and Tomato thin crust pizza 6.50 707 kcal		Classic Cheese and Tomato hand stretched thin base 6.50 807kcal
MEAT	Spicy chorizo calzone 6.50 880 kcal	Selection of warm handmade quiches	Spicy sausage thin crust pizza 6.50 902 kcal	Jacket potatoes baked in the pizza oven with a selection of toppings	Meat feast hand stretched thin base 7.50 1020kcal
VEGETARIAN	Mushroom & pesto calzone 6.50 825kcal		Roast pumpkin & gorgonzola thin crust pizza 6.50 920kcal		Veggie supreme hand stretched thin base 7.50 925kcal
BOLT ONS	Onion rings x 4 1.00 250kcal		Mozzarella sticks x 2 150kcal 1.00		Chicken wings 152kcal 1.00 Fries 405kcal 1.50