

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 198kcal 2.15	Thai spiced 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 Couscous, smoked tomato sauce 516kcal 7.50	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 1.50 Buttered cabbage 38kcal 1.00	Sage & onion scented crispy potatoes 268 kcal 2.00	Chicken wings 152kcal 1.00 Fries 405kcal 1.50
PROTEINS	Lemon & oregano tofu 125kcal 3.00 Chicken breast with winter herbs 212kcal 3.00	Lemon & oregano tofu 125kcal 3.00 Chicken breast with winter herbs 212kcal 3.00	Cajun spiced tempeh 125kcal 3.00 Beetroot falafel 245kcal 3.00	Cajun spiced tempeh 125kcal 3.00 Beetroot falafel 245kcal 3.00	Panko crusted chicken breast 227kcal 3.00 Beetroot falafel 245kcal 3.00

WEEKLY MENU

Pizza Bar Based

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT	Spicy chorizo calzone 6.50 880kcal	Cajun chicken & red pepper thin crust pizza 7.50 830 kcal	Plant based thin crust pizza with roasted vegetables, rocket pesto and balsamic reduction, Italian salami 6.50 725 kcal	Meat feast hand stretched thin base 7.50 1180kcal
VEGETARIAN	Classic mozzarella, tomato & fresh basil calzone 6.50 707kcal	Pesto mushroom thin crust pizza 7.50 805kcal	Plant based thin crust pizza with roasted vegetables, rocket pesto and balsamic reduction 6.50 652 kcal	Veggie supreme hand stretched thin base 7.50 925kcal
BOLT ONS	Seasoned fries 1.50 405kcal	Beer battered onion rings 315 kcal 2.00	Spicy fries 405 kcal 1.50	Chicken wings 152kcal 1.00 Fries 405kcal 1.50