WEEKLY MENU

Sustainable nutrition based

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP WITH PURPOSE	Tomato & rosemary soup Beans & roasted peppers 198kcal 2.15	Spiced Butternut squash soup Roasted squash, chilli, toasted seeds 198kcal 2.15	Thai spiced leek & potato soup Crisp potato, leek & 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	Diwali special Chicken Jalfrezi, pilau rice, garlic Naan bread, mango chutney 625kcal 7.50	Lemb & lentil kofte Couscous, smoky tomato sauce, coriander yogurt, pickled red onions 648kcal 7.50	Gochujang spiced pork Bao bun, Kimchi, Steamed rice Pickled carrot, sticky soy glaze 698kcal 7.50	Classic cottage pie Braised red cabbage 525kcal 7.50	Panko crusted Cajun chicken breast To add to the nourish to flourish salad bar selection 227kcal 3.50
PLANT POWERED	Gnocchi with fresh tomato & basil sauce, garlic crumb, spinach pesto 587kcal 7.50	Five spice Tofu Noodle broth, bean sprouts ,spring onions & coriander 575kcal 7.00	Chickpea , sweet potato & peanut butter curry, plant powered yogurt 456kcal 6.50	Wholewheat fusilli Baby spinach, tomato ragu, herb pesto, garlic crumb 485kcal 6.50	Plant powered meatballs add to the nourish to flourish salad bar selection 197kcal 3.50
BOLT ONS	Vegetable samosa 1395kcal 2.50 Garlic & parsley bread 122kcal 1.00	Flatbread 156kcal 1.00 Falafel & humus 125kcal 1.00	Spring roll 168kcal 2.00	Roasted root vegetables 56kcal 1.00	
PROTEIN ITEMS	Tempeh with smoked paprika & lime 125kcal 3.00	Tempeh with smoked paprika & lime 125kcal 3.00	Tofu with oregano & lemon 132kcal 3.00	Tofu with oregano & lemon 132kcal 3.00	Beetroot falafels 197kcal 3.50

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	Italian salami calzone 6.50 862 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 calzone With roasted vegetables & plant pesto 6.50 552 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