

House Favourites



Full vegetarian or flexi, this option is great if you're giving meat a break.

MONDAY	Stir Fry Chicken Noodles 1,3,16
TUESDAY	Pizza Selection & Wedges 1,3,6,7
WEDNESDAY	The Nourish Roast Roast Chicken with all the Trimmings 1,7,9
THURSDAY	Lasagne 1,3,4,9,7
FRIDAY	The Chippy Battered Fish 1,8



Stir Fry Vegetable Noodles 1,3,16 V
Cheesy Pasta & Garlic Bread 1,3,7 V
Vegetable Sausages & Gravy 1VG
Spaghetti Vegetable Bolognaise 1 VG
Fully Loaded Cheese & Onion Potato Skins 7 V

SIDES	DESSERT
Stir Fried Greens	Apple Crumble 1 VG & Custard 7
Sweetcorn	Classic Shortbread 1 VG
Roast Potatoes	Rice Crispy Cake 1,3,7
Seasonal Vegetables	
Steamed Broccoli	Chocolate Sponge 1,9 & Chocolate Sauce 7
Garlic Bread 1,3,7	Selection of Jelly Pots, Yoghurt Pots 7 and Fruit Pots
Chunky chips	
Garden peas	
Baked beans	

FRESH FRUIT & YOGHURTS



Declicious informal choices. Inspired by popular street food faves.



MONDAY
BBQ Chicken Burrito 1,

TUESDAY
Teriyaki Chicken Noodles 1,7

WEDNESDAY
BBQ Pulled Pork Bap 1,5

THURSDAY
Southern Fried Open Chicken Wrap with Ranch Slaw 1,9

FRIDAY
Chef's Special ask at counter for allergen information



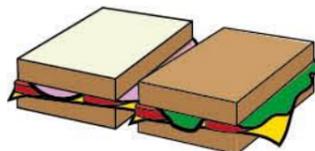
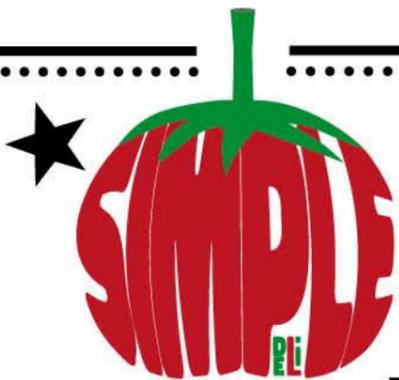
MONDAY
Mac 'n' Cheese 1,7 V
Tomato and Basil 1 VG

TUESDAY
Chilli Chicken 1
Tomato and Basil 1 VG

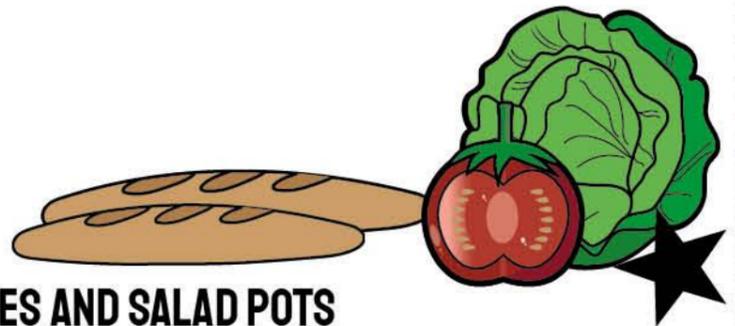
WEDNESDAY
Mushroom Carbonara 1,7V
Tomato and Basil 1 VG

THURSDAY
Creamy Pesto 1,7 V
Tomato and Basil 1 VG

FRIDAY
Tomato and Basil 1 VG



DELI BAR



FRESHLY MADE BAGUETTES, SANDWICHES AND SALAD POTS

LIVING ★ YOUR ★ TASTIEST ★ LIFE

Allergen Key: 1 Wheat Gluten 2 Crustaceans 3 Soy bean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten V Vegetarian VG Vegan

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MONDAY	Traditional Sausage, Mash and Onion Gravy 1,3,6
TUESDAY	Pizza Selection & Wedges 1,3,6,7
WEDNESDAY	The Nourish Roast Honey Roast Gammon with all the Trimmings 1,7,9
THURSDAY	Chicken Tikka Masala 1,6,7
FRIDAY	 The Chippy Battered Fish 1,8

Vegetable Sausage, Mash and Onion Gravy 1 VG
Cheesy Pasta & Garlic Bread 1,3,7 V
Puff Pastry Topped Vegetable Pie 1,7 V
Chana Masala 1,6 VG
Chickpea and Coriander Burger 1,3,5,9 V

SIDES	DESSERT
Garden Peas	Cookie Dough 1,3,9 VG and Ice Cream 7
Sweetcorn	Pineapple Upside Down Cake 1,9 & Custard 7
Roast Potatoes Seasonal Vegetables	Orange Drizzle Cake 1,9
Steamed Broccoli, Pilau Rice	Sticky Toffee Pudding 1,7,9
Chunky Chips Garden Peas Baked Beans	Selection of Jelly Pots, Yoghurt Pots and Fruit Pots

FRESH FRUIT & YOGHURTS



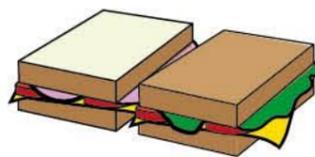
Delicious informal choices. Inspired by popular street food faves.



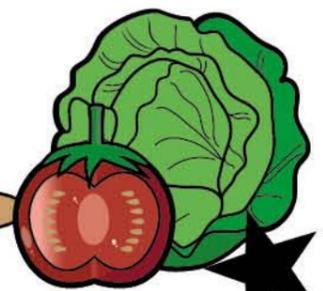
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky Chicken Meatballs with Spiced Rice 1,3	American Hot Dog 1,4,5,6	Loaded Street Cart Wedges 6,7,9 V	Indian Mezze Box 1,3 VG	Chef's Special ask at counter for allergen information



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mac 'n' Cheese 1,7 V Tomato and Basil 1 VG	Chilli Chicken 1 Tomato and Basil 1 VG	Mushroom Carbonara 1,7 V Tomato and Basil 1 VG	Creamy Pesto 1,7 V Tomato and Basil 1 VG	Tomato and Basil 1 VG



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FRESHLY MADE BAGUETTES, SANDWICHES AND SALAD POTS

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Allergen Key: 1 Wheat Gluten 2 Crustaceans 3 Soy bean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten V Vegetarian VG Vegan