



WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

House Favourites

Classic Beef Bolognese

served with pasta and garlic bread
1,3,7

Chicken Madras Curry

fragrant and mildly spicy, with pilau rice, mango chutney, fresh cucumber salad, and warm naan bread. 1

The Nourish Roast

Roast gammon with all the trimmings
1,7,9

Wing - it!

Chicken Wings - chilli & garlic or Korean-style, served with Asian slaw and salt & pepper wedges
1,3,4,7,9,12

The Nourish Chip Shop

Fish, Meat and Vegetarian Options



Roasted Vegetable Lasagne

1,3,4,7,9 V

Indian Spiced Potato Pie

served with mango chutney, fresh cucumber salad, and warm naan bread
1,7 V

Cauliflower Cheese Bake

Hearty & no-waste in a rich cheese sauce
1,3,7 V

Quorn Burger

with salt & pepper wedges, ranch slaw and onion rings 1,5,9 V

See allergen matrix for allergen information



Freshly Prepared Pasta Pots Available Every Day

Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG



Loaded Chicken Tikka Fries

6,7

Sticky Singapore Noodles

1,3,16

Chicken Souvlaki

1

Spice Bag

Chef's Special
(See staff for allergen information)

DESSERT

Jammie Biscuit

1,3 VG

Apple Crumble with Smooth Vanilla Custard

1,3,7

Brownie Pinwheel

1,3,7,9

Classic Carrot & Orange Cake

1,3 VG

Fruit, Jelly & Yoghurt Pots
(See allergen matrix for allergen information)

FRESH FRUIT AND YOGHURTS

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

LIVING ★ YOUR ★ TASTIEST LIFE ★



KEEP AN EYE
OUT FOR THE
DAILY CHEF'S SPECIAL



A DAILY SELECTION
OF FRESH, IN-HOUSE-MADE
SALADS AND SANDWICHES



SPECIALS

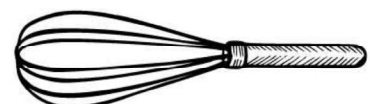
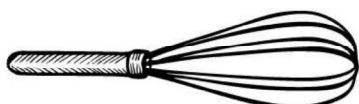


HANDMADE FRESH-DOUGH
PIZZA WITH A SELECTION OF
FLAVOURFUL TOPPINGS

AVAILABLE DAILY



FAVOURITES





WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

House Favourites

Traditional Sausages & Mash

with all the trimmings 1,3,6,7,9 V

MAC 'N' CHEESE

Mac 'n' Cheese Bar

Creamy Macaroni Cheese Your Way

The Nourish Roast

Roast Chicken with all the trimmings 1,7,9

Beef Rogan Josh

served with fragrant rice cooling raita, and crisp poppadom 1,7

The Nourish Chip Shop
Fish, Meat and Vegetarian Options



Rooted The Veg One

Veggie Sausages & Mash

1,7,9 V

Choose your Topping served with garlic bread 1,3,5,7,9

Red Onion & Cheese Sausage Roll

served with the roast trimmings 1,3,7,9 V

Onion Bhaji & Samosas

with fragrant rice, cooling raita, and crisp poppadom 1,7 VG

See allergen matrix for allergen information

Pasta Pesto

Freshly Prepared Pasta Pots Available Every Day

Featuring Classics - Tomato & Basil 1VG, Macaroni Cheese 1,3,7V, Meatball Marinara 1, Creamy Garlic Chicken 1,3,7 and Green Pesto 1VG

STREET

Loaded Sweet Potato Fries

7 V

Loaded Hash Browns

7 V

Spicy Beef Noodles

1,3,16

Lebanese Chicken Box

1,3

Chef's Special
(See staff for allergen information)

DESSERT

Orange Drizzle Cake

1 VG

No Waste Banana Bread Pudding

1,3,7,9

Jam Crumble Slice

1,3 VG

Biscoff Sponge

1,3,7,9

Fruit, Jelly & Yoghurt Pots
(See allergen matrix for allergen information)

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KEEP AN EYE OUT FOR THE DAILY CHEF'S SPECIAL



A DAILY SELECTION OF FRESH, IN-HOUSE-MADE SALADS AND SANDWICHES

SPECIALS

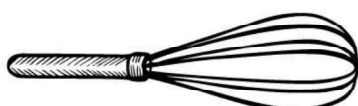


HANDMADE FRESH-DOUGH PIZZA WITH A SELECTION OF FLAVOURFUL TOPPINGS

AVAILABLE DAILY



FAVOURITES



GROW WITH US
NOURISH

