

House Favourites
Firm favourites for that home cooked feel

Rooted
the veg one

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

			SIDES	DESSERT
MONDAY	Beef Chilli Mole 1	Vegetable Enchilada 1,7 V	Cajun Sweetcorn Savoury Rice	Apple Crumble 1 VG & Custard 7
TUESDAY	Chicken Tikka Masala 1,6,7	Chana Masala 1,6 VG	Steamed Broccoli, Pilau Rice	Classic Shortbread 1 VG
WEDNESDAY	The Nourish Roast Roast Beef with all the Trimmings 1,7,9	Bubble & Squeak with a Fried Egg 9 V	 Roast Potatoes Seasonal Vegetables	Rice Crispy Cake 1,3,7
THURSDAY	Buttermilk Fried Chicken 1,7	Cajun Bean Burger 1,5 VG	Red Cabbage Slaw 9 Potato Wedges	Chocolate Sponge 1,9 & Chocolate Sauce 7
FRIDAY	 The Chippy Battered Fish 1,8 and a selection of Chip Shop Favourites	Fully Loaded Cheese & Onion Potato Skins 7 V	Chunky chips Garden peas Baked beans	Selection of Jelly Pots, Yoghurt Pots 7 and Fruit Pots

FRESH FRUIT AND YOGHURTS



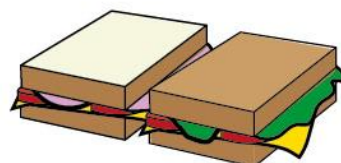
Delicious informal choices. Inspired by popular street food faves.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Teriyaki Chicken Noodles 1,7	BBQ Chicken Burrito 1,7	BBQ Pulled Chicken Bap 1,5	Vegetable Gyoza Sesame Noodles 1,2,3,5,9,12	Chef's Special ask at counter for allergen information

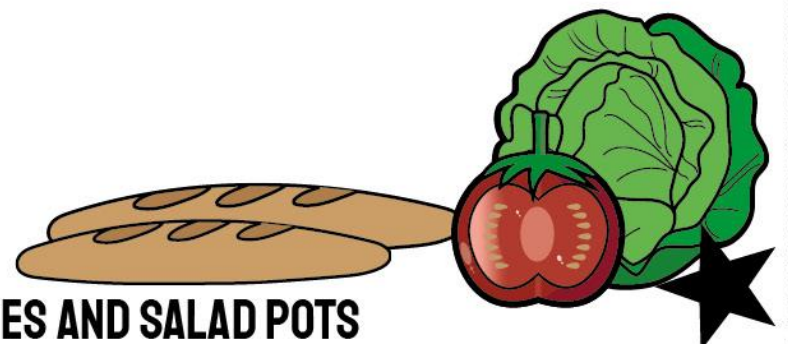


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mac 'n' Cheese 1,7 V Tomato and Basil 1 VG	Chilli Chicken 1 Tomato and Basil 1 VG	Mushroom Carbonara 1,7V Tomato and Basil 1 VG	Creamy Pesto 1,7 V Tomato and Basil 1 VG	Tomato and Basil 1 VG



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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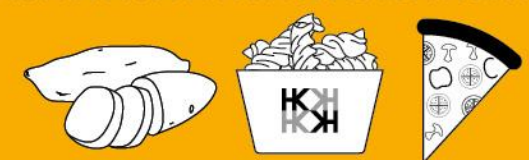
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MONDAY	Traditional Sausage, Mash and Onion Gravy 1,3,6	Vegetable Sausage, Mash and Onion Gravy VG	Garden Peas	Cookie Dough 1,3,9 VG and Ice Cream 7
TUESDAY	Katsu Chicken 1,7,9	Honey & Soy Vegetable Stir Fry 1,3 V	Savoury Rice, Stir Fried Greens	Pineapple Upside Down Cake 1,9 & Custard 7
WEDNESDAY	The Nourish Roast Roast Chicken with all the Trimmings 1,7,9	Puff Pastry Topped Vegetable Pie 1,7 V	Roast Potatoes Seasonal Vegetables	Orange Drizzle Cake 1,9
THURSDAY	Chicken Shawarma with Flatbread 1,6	Falafel & Houmous Flatbread 1,5 VG	Crispy Potatoes Mixed Salad	Sticky Toffee Pudding 1,7,9
FRIDAY	 The Chippy Battered Fish 1,8 and a selection of Chip Shop Favourites	Chickpea and Coriander Burger 1,3,5,9 V	Chunky Chips Garden Peas Baked Beans	Selection of Jelly Pots, Yoghurt Pots and Fruit Pots

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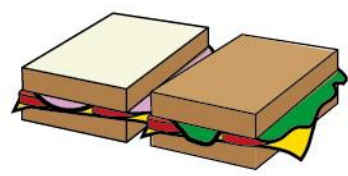
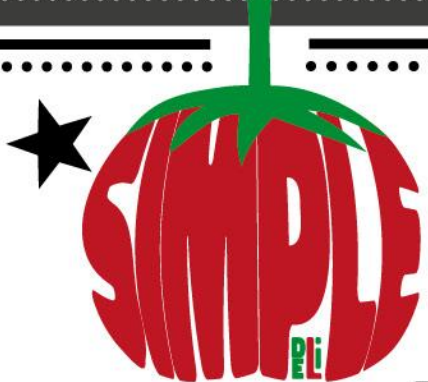
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky Chicken Meatballs with Spiced Rice 1,3	American Hot Dog 1,4,5,6	Loaded Street Cart Wedges 6,7,9 V	Indian Mezze Box 1,3 VG	Chef's Special ask at counter for allergen information

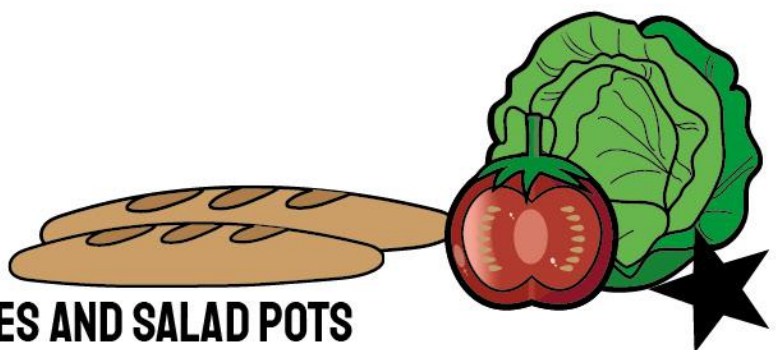


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mac 'n' Cheese 1,7 V Tomato and Basil 1 VG	Chilli Chicken 1 Tomato and Basil 1 VG	Mushroom Carbonara 1,7 V Tomato and Basil 1 VG	Creamy Pesto 1,7 V Tomato and Basil 1 VG	Tomato and Basil 1 VG



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SIDES

DESSERT

MONDAY	Sticky Sweet Chilli Beef Noodles 1	Sweet & Sour Vegetables & Savoury Rice VG	Stir Fried Greens	Sticky Lemon Sponge 1,9 & Custard 7
TUESDAY	 Mac 'n' Cheese Bar Classic Macaroni Cheese with a selection of Toppings 1,7		Garlic Bread 1,5,9 Roasted Vegetables	Apple Pie 1 VG & Custard 7
WEDNESDAY	The Nourish Roast Lemon and Thyme Roast Chicken with all the Trimmings 1,7,9	Roasted Vegetable Tart 1,7 V	Roast Potatoes Seasonal vegetables	Golden Syrup Sponge 1,9 & Custard 7
THURSDAY	Kung Pao Chicken 1,3,6	Mushroom Fried Rice 9 V	Savoury Rice Stir Fried Greens	Chocolate & Vanilla Cookie 1 VG
FRIDAY	 The Chippy Battered Fish 1,8 and a selection of Chip Shop Favourites	Mozzarella Pesto Parcel 1,7 V	Chunky chips Garden Peas Baked Beans	Selection of Jelly Pots, Yoghurt Pots 7 and Fruit Pots

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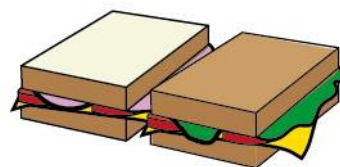
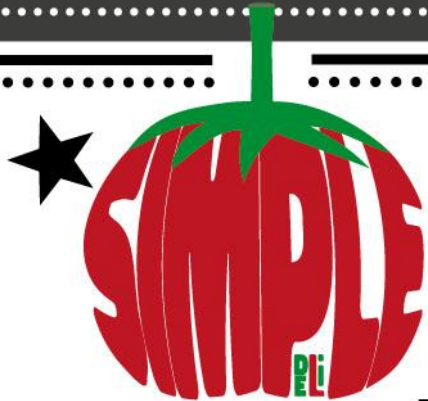
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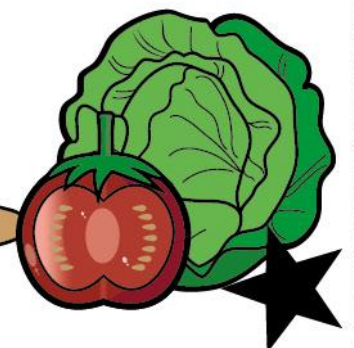
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Southern Fried Open Chicken Wrap with Ranch Slaw 1,9	Buffalo Cauliflower Wings on Salt & Pepper Wedges 1,7,9 V	Chilli Chicken Rice Box 1,9	Chicken Gyros 1,4,6	Chef's Special ask at counter for allergen information



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