



Menu WEEK 1

SIGNATURE MENU COMBO

Main Option 1

Main Option 2

Sides

Dessert of the Day



CARIBBEAN MONDAY

Fruity Caribbean Chicken Curry

Jamaican Mince Pie Ve

Rice and Peas

Fruited Spiced Banana Bread



MEXICAN TUESDAY

Beef Enchiladas

Spicy Bean Chilli Ve

Fajita Spiced Potato Wedges

Blueberry & Lemon Square



ROAST WEDNESDAY

Roast Chicken with Sage & Onion Stuffing & Gravy

Plant Sausages with Red Onion Gravy Ve

Roast Potatoes

Apple Strudel with Ice Cream



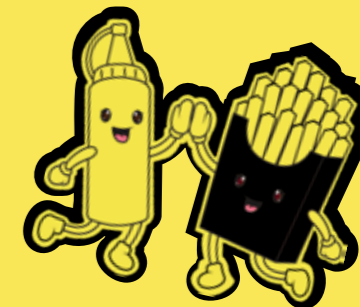
GASTRO GRUB THURSDAY

Juicy Pork Sausages with Red Onion Gravy

Creamy Quorn Pot Pie with a Puff Pastry Crust V

Wholegrain Mustard Mash

Iced Chocolate Sponge



HELLO: FRIDAY

Battered Fish

Vegan Meatball Sub Ve

Chips

Jammy Cookie

ON-THE-GO MENU

Topped & Loaded

One Pot

Street Eat

Nourish Bowl

Reggae Potato Skins V

Bajan Macaroni Pie V

Cubano Panini

Jerk Chicken Bowl

Cheesy Nachos with Salsa V

Mexican Chicken Rice Pot

Fajita Chicken Panini

Burrito Bowl V

Roast Potatoes with Dipping Gravy Ve

Roasted Tomato Farfalle Ve

Roast Chicken with Sage & Onion Stuffing Yorkshire Pudding Wrap

Roasted Roots Nourish Bowl Ve

Scrambled Eggs & Hash Browns with Sriracha V

Chicken Tikka Rice Pot

BLT Bagel

Indian Summer Chicken Bowl

Potato Waffles topped with Baked Beans & Crispy 'Bacon' Bits Ve

Sweet Chilli Quorn Noodles V

Pepperoni & Cheese Panini

Tuna Nicoise Protein Bowl

Allergen information :

Please ask our team for information about ingredients in foods that contain celery, crustaceans, eggs, fish, gluten, lupins, milk, molluscs, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphates, and tree nuts. Freshly made sandwiches, baguettes, and a range of seasonal salads are available daily.

WEEKLY FOOD OFFERS!

GRAB 'N GO

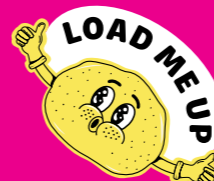


SERVED HOT!

- PASTA & SAUCE
- WRAPS
- FLATBREADS
- PANINI
- PIZZA

JACKET POTATOES

- CHEESE BAKED BEANS
- TUNA MAYO
- COLESLAW



MEAL DEAL

GRAB 'n GO

Look out for deals of the day across our ranges

- SANDWICHES
- BAGUETTES
- WRAPS
- SALADS
- FRUIT POTS

CHILLED RANGE

FRESHLY MADE FR
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Menu WEEK 2

SIGNATURE MENU COMBO

Main Option 1

Main Option 2

Sides

Dessert of the Day



MIDDLE EAST MONDAY

Moroccan Chicken Tagine with Couscous

Shakshuka V

Garlic Flatbread

Tangy Citrus Slice



MEDITERRANEAN TUESDAY

Nonna's Beef Lasagne

Spanish Vegetable Tortilla V

Herby Diced Potatoes

Chocolate Cookie



ROAST WEDNESDAY

Roast Pork served with Apple Sauce & Gravy

Roast Quorn Fillet with Sage & Onion Stuffing and Gravy Ve

Roast Potatoes

Peach Crumble with Ice Cream



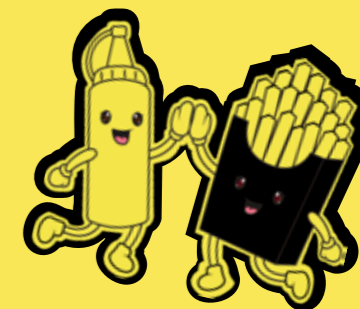
NICE AS PIE THURSDAY

Traditional Chicken & Leek Pie with a Puff Pastry Lid

Savoury Greenhouse Veg Bake with Pesto Crumble V

Buttered New Potatoes

Apple Cornflake Crunch



HELLO: FRIDAY

Battered Fish

Rustic Cheese & Tomato Galette V

Chips

Carrot Cake

ON-THE-GO MENU

Topped & Loaded

One Pot

Street Eat

Nourish Bowl

Batata Harra Ve
Lebanese Spiced Potatoes

Harissa Couscous Ve
with Falafel

Zanzibar Chicken Panini

Sweet Potato & Spiced Chickpea Nourish Bowl Ve

Patatas Bravas Ve

Pesto Pasta V

Italiano Panini V

Mediterranean Grains Bowl Ve

Roast Potatoes with Dipping Gravy Ve

Toady Yorkshire Pudding Wrap with Caramelised Onions V

Chicken Cheese & Onion Club Panini

Chicken Caesar Bowl

Cheesy Wedges with Crispy Onions V

Beef Macaroni Pie

Plant Sausage & Red Onion Panini V

Cobb Salad Style Protein Bowl V

Boston Bean Topped Tato Tots Ve

Plant Balls with Spaghetti Marinara Ve

Fish Finger Baguette

Teriyaki Quorn Bowl V

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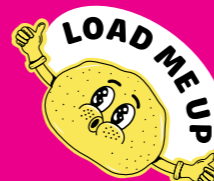


SERVED HOT!

- PASTA & SAUCE
- WRAPS
- FLATBREADS
- PANINI
- PIZZA

JACKET POTATOES

- CHEESE
- BAKED BEANS
- TUNA MAYO
- COLESLAW



MEAL DEAL

GRAB 'n GO

Look out for deals of the day across our ranges

- SANDWICHES
- BAGUETTES
- WRAPS
- SALADS
- FRUIT POTS

CHILLED RANGE

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Menu WEEK 3

SIGNATURE MENU COMBO

Main Option 1

Main Option 2

Sides

Dessert of the Day

SUMMER MONDAY

BBQ Chicken

Roasted Summer Veg Lasagna V

Herby Potato Wedges

Pineapple Pastry Square



NICE 'N SPICY TUESDAY

Chicken Jalfrezi

Indonesian Lemon Vegetable Curry Ve

Brown & White Rice

Banana Flapjack



ROAST WEDNESDAY

Roast Beef & Gravy

Cheesy Spring Vegetable & Potato Bake V

Roast Potatoes

Sticky Date & Apple Cake



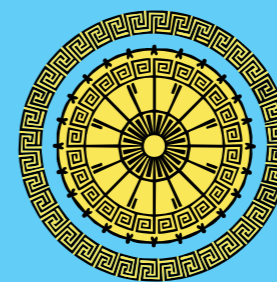
ALL GREEK THURSDAY

Lamb & Potato Moussaka

Feta & Roasted Vegetable Quiche V

Mixed Chopped Salad

Lemon Shortbread



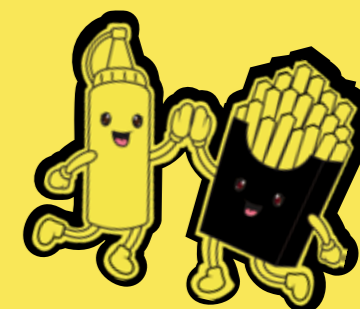
HELLO: FRIDAY

Battered Fish
Salmon & Sweet Potato Fishcake

Spicy Bean Burger Ve

Chips

Chocolate Brownie



ON-THE-GO MENU

Topped & Loaded

One Pot

Street Eat

Nourish Bowl

Crispy Cheese & Onion Sweet Potato Wedges V

Penne Arrabbiata V

Aussie Tuna Melt

Rainbow Buddha Bowl Ve

Bombay Potatoes Ve

Carrot Biryani & Mini Samosa Ve

Very Peri Chicken & Sweet Chilli Panini

Bibimbap Korean Rice Bowl V

Roast Potatoes with Dipping Gravy Ve

Plant Sausage & Mash with Gravy V

Ratatouille Quorn Yorkshire Pudding Wrap V

Roasted Summer Veg Barley Bowl V

Herby Wedges with Lemon Tzatziki V

Veggie Keftedes & Tomato Rice Ve

Chicken Gyros

Classic Greek Salad Bowl V

Garlic Parmesan Curly Fries V

Vegetable Ramen V

Crispy Chicken Bao Bun Ve

Sweet Chilli Poke Bowl Ve

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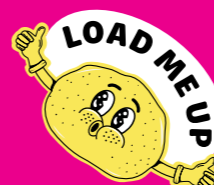
SERVED HOT!

- PASTA & SAUCE
- WRAPS
- FLATBREADS
- PANINI
- PIZZA



JACKET POTATOES

- CHEESE
- BAKED BEANS
- TUNA MAYO
- COLESLAW



MEAL DEAL

GRAB 'n GO

Look out for deals of the day across our ranges

- SANDWICHES
- BAGUETTES
- WRAPS
- SALADS
- FRUIT POTS

CHILLED RANGE

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