

Weekly sample menu - Autumn

Breakfast

Peanut butter and berry chia pot **V**

Spiced plums, vanilla yogurt, almond and hazelnut granola **V**

Crushed pea feta, chilli and mint, soft boiled egg, Nordic seed **V**

Bacon, egg and cheese muffin

Fresh cut fruit and berries **VE**

Treat

Mango and coconut cupcake **VE**

Chocolate hazelnut roulade **V**

Cold boxed salads

Tortilla, manchego cheese, chorizo, marinated olives and tomatoes, salted almonds

Grilled chicken, charred brassica lentil and rice salad, spiced roast tomatoes, chimichurri

Cajun prawn cobb, ranch dressing

Autumn panzanella, buffalo mozzarella, toasted seeds **V**

Mixed grain, toasted almond, fresh herb salad, roast carrots, dukkah, smokey aubergine dip **VE**

Wild mushroom, cavolo nero, toasted pine nuts, truffle orzo salad **VE**

Deli sandwiches

Bresaola, mozzarella, basil, slow roast tomato rocket and parmesan - foccacia **V**

Lemon grass, chicken, pickled veg, fresh herb - baguette

Smoked salmon, egg mayo, baby watercress - 1000 seed bread

Mature cheddar, beef tomato, baby gem- pain de campagne **V**

Chipotle bean, charred corn avocado, vegan feta- wholewheat wrap **VE**

V vegetarian
VE vegan