

# Weekly sample menu - Autumn

## Monday

Harissa roast cauliflower, toasted pine nuts, saffron aioli **VE**

Grilled halloumi, heritage tomatoes, mint and pickled shallot **V**

Sticky honey chicken, cinnamon, orange and star anise

Roast salmon, charred lemon, pink grapefruit and chilli

### Sides

Mixed Mushroom and dill wild rice pilaf **VE**

Sweet potato, kale, black quinoa and pomegranate salad **VE**

Seasonal greens, black pepper and citrus dressing **VE**

### Salads

Tender stem, mixed toasted seeds, baby spinach, pickled shallot, soft boiled egg **V**

Spice roasted aubergine, roasted tomato, candied almond & coriander **VE**

### Soup

Carrot, turmeric and ginger **VE**

### Treat

Peanut butter tiffin **VE**

## Tuesday

Roast kohlrabi, oyster mushrooms, spinach, toasted pinenuts **VE**

Broccoli and Lord of the Hundreds arancini, roast tomato sauce **V**

Roast rump cap, chimmi churri sauce, crispy shallots

Roast Cornish hake, sauce Vierge

### Sides

Chilli agave roast potatoes **VE**

Glazed bunched carrots w/grilled spring onions and chervil **VE**

Garlic Sauteed green beans, garlic and almonds **VE**

### Salads

Broccoli, sun blushed tomato, mizuna and capers **VE**

Gem, radishes, cucumber, quinoa, avocado, elderflower vinaigrette **VE**

### Soup

Roast celeriac, chive oil **V**

### Treat

Creamy coconut rice, mango & lime, sweet puffed wild rice **VE**

## Wednesday

Courgette, smoky chickpea and tomato, chermoula dressing **VE**

Potato, black bomber, caramelised onion pithivier, parsley sauce **V**

Lemon and tarragon roast chicken, lemon and caper sauce

Roast cod, slow-cooked peppers, sherry vinegar

### Sides

Pea, asparagus, fine herb Peal barley **VE**

Roast beets, puy lentils, crumbled vegan feta **V**

Runner beans, honey roast radishes, and dill **VE**

### Salads

Sweet potato, pomegranate and kale, creamy cashew dressing **VE**

Green pepper, celery, avocado and sprouting beans and red onion with lemon herb dressing **VE**

### Soup

Soba noodle shiitake and green veg soup **VE**

### Treat

White chocolate and raspberry cookies **V**

## Thursday

Wild mushrooms gnocchi, dressed peas, rosemary pangritata **VE**

Roast feta, sesame, thyme honey **V**

Turkey and spinach polpette, roast tomato sauce

Seared tuna, grilled artichokes, capers and parsley dressing

### Sides

Garlic and herb spaghetti **VE**

Broccoli, basil, slow roast tomato and grilled courgette **VE**

Roast red onion, Green bean, grilled butternut squash, mizuna and pumpkin seeds **VE**

### Salads

Kale, edamame, tender stem broccoli, blueberries, mixed seeds cashews and chili **VE**

Roast fig, radichio rocket, torn mozzarella, toasted pecans, honey dressing **V**

### Soup

Pistou soup w/ herb pistou sauce **VE**

### Treat

Salted caramel brownie **V**

## Friday

Baked smokey jackfruit taquitos, chipotle crema, pico de gallo **VE**

Crispy buffalo cauliflower, blue cheese sour dressing **V**

Carnitas, charred pineapple, white onion and coriander

Adobo rubbed seatrout, citrus salad

### Sides

Mexican Rice **VE**

Frijoles **VE**

Elotes - Mexican street corn **V**

Guacamole **VE**

Pineapple hot sauce **VE**

Flour **VE**

Corn tortilla **VE**

### Salads

Slow roast tomato, avocado, crisp lettuce and coriander, chipotle dressing **VE**

Chargrilled veg, quinoa, toasted nuts **VE**

### Soup

Black bean and tomato tortilla soup, white cheese and coriander **VE**

### Treat

Spiced polenta cake, poached pineapple, coconut cream **VE**