

Menu for w/c 10th January

Breakfasts

Acai smoothie pot, toasted seeds, fresh berries, sweet macadamia dukkha **VE**

Smoked salmon, cream cheese, cracked black pepper bagel

Tahini banana bread with date butter and coconut yogurt **VE**

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

Fresh cut fruit and berries **VE**

Treats

Cranberry oat cookies **VE**

Carrot and Walnut cake **VE**

Lunch

Sticky pomegranate chicken, toasted sesame root veg and smoked quinoa slaw, parsley and sumac onions, mint yogurt

Green tea roast salmon, soba noodle kale salad, pickled cucumber, black garlic mayo

Grilled smoky steak, black bean, cumin & coriander red rice salad, charred corn salsa, lime & avocado dressing

Spicy chickpea Buddha bowl, black bomber, sweet potato, roast pepper, avocado & lime **V**

Sesame tamarind tofu, rice noodles, shredded vegetables, coriander, tamarind dressing **VE**

Root vegetable & vegan feta samosa, spring onion, coriander, carlin pea salad, curried yogurt dressing **VE**

Sandwiches & wraps

Roast turkey, jerk mayo, pineapple, and coriander slaw in a bap

Chicken Caesar – grilled chicken, soft-boiled free-range egg, shaved parmesan, Caesar mayo, little gem on ciabatta

Tuna, mayo, red onion, capers mixed baby leaf on focaccia

Roast peppers, goats' cheese, basil pesto, rocket on ciabatta **V**

Crushed falafel, roasted squash, leaves, green tahini sauce in a beetroot wrap **VE**

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Menu for w/c 17th January

Breakfasts

Peanut butter berry chia pot **VE**

Crushed avocado, crispy pancetta, chilli oil, water cress

Crushed blueberry Greek yogurt, seed and nut granola, agave **V**

Quinoa croissant, applewood smoked cheese, slow roast tomatoes micro watercress **VE**

Fresh cut fruit and berries **VE**

Treats

Peanut butter, dark chocolate chia energy balls **VE**

Blackcurrant and mint doughnut **VE**

Lunch

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

Ancho grilled beef, pink pickled onions, picked coriander, charred pepper quinoa, blackened corn & jalapeno salsa

Cajun prawn cobb, ranch dressing

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

Miso aubergine, pickled cucumber, superfood noodle salad, silken chilli tofu **VE**

Ancient grain salad, fava bean hummus, charred tender stem, pickled cabbage **VE**

Sandwiches & wraps

Oregano roast chicken, basil pesto, roasted peppers, tomato on focaccia

Bacon jam, mature cheddar, watercress, roasted tomato on onion bread

Prawn, little gem, bloody Mary mayo on malt bloomer bread

Coronation egg mayo, spring onion, watercress on pain de campagne **V**

Roasted Mediterranean veg, olive pesto, rocket on focaccia **VE**

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Menu for w/c 24th January

Breakfasts

Banana, chocolate, hazelnut muffin **V**

Slow roast tomatoes, crushed avocado, Nordic seed croutes, soft boiled egg **V**

Bacon, egg and cheese muffin

Cherry compote, Greek yogurt, almonds date & cacao granola **V**

Fresh cut fruit and berries **VE**

Treats

Passion and chocolate opera

Fig and caramelized apple cake **VE**

Lunch

Orange & thyme Chicken, spelt casarecce, artichoke, roast cherry tomato, tarragon, roast garlic & smoked paprika mayo

Sliced rare steak, rice vermicelli, cucumber, peanut and bok choy salad, sweet chilli and kaffir lime dressing

Gochujang salmon, sesame noodle salad, ponzu mayonnaise

Kale and feta borek, roast pepper, pumpkin couscous, courgette tzatziki **V**

Thai spiced smoked tofu, roasted potato, shallot, tenderstem broccoli, peppers & pickled shitake thai spiced coconut yogurt **VE**

Achiote charred butternut squash, & broccoli brown rice, black beans, mango, almond & orange dressing **VE**

Sandwiches & wraps

Roast turkey, red cabbage slaw, gherkin on rye bread

Serrano ham, manchego, beef tomato ciabatta
Smoked salmon, shaved beetroot, dill, lemon cream cheese on poppy seed bagel

Roasted aubergine, feta cheese, burnt tomatoes, pine nuts, rocket on tomato focaccia **V**

Chipotle bean, charred corn avocado in a vegan feta wrap **VE**

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