

# Menu – Spring 2022

## Monday

### Mains

Mixed pea watercress orzotto, crispy shallots **VE**

Fried goat`s cheese, raw asparagus, pickled radish, honey walnut dressing **V**

Chargrilled chicken breast, crispy pancetta, charred corn, Caesar dressing

Roast sea bass, slow roast tomatoes, artichokes, capers

All served w/ herbed jersey royals **VE**, Romanesco, sweet potato, toasted cashews w/ orange dressing **VE** & warm grilled asparagus & courgette salad **VE**

### Salads

Baby gem, charred broccoli, slow roast tomato & soft herb w/ grain vinaigrette **VE**

Roast carrot, baby spinach, pearl barley **VE**

### Soup

Courgette & basil **VE**

## Tuesday

### Mains

Crispy aubergine, katsu sauce, mixed pickles **VE**

Sticky sesame tofu, broccoli & peppers **VE**

Slow braised pork belly in soy & sake, soft boiled egg, pickled kohlrabi

Furikake salmon, sesame bok choy, pickled cucumber w/ ponzu wasabi mayo

All served w/ sticky rice **VE**, roast carrots, bean sprouts, edamame, sesame **VE** & miso sauteed spring greens **VE**

### Salads

Buckwheat noodle, shitake mushroom, wakame seaweed, miso dressing **VE**

Corn, freekeh & plum salad w/ nuoc cham dressing **VE**

### Soup

Spicy lentil and tomato soup **VE**

### Treat

Elderflower almond cake **VE**

## Wednesday

### Mains

Butternut, caramelised onion, vegan halloumi, hazelnut dukkha **VE**

Courgette, mint & feta tart w/ pea & chilli dressing **V**

Roast chicken, braised fennel, nduja

Rope grown mussels, giant couscous, samphire & leek –



All served w/ lentil, baby spinach, tomato **VE**, spring veg & herb pearl barley & mushroom **VE** & roast broccoli w/ tahini dressing **VE**

### Salads

Toasted sesame & root veg & smoked quinoa slaw **VE**  
Mixed grilled veg, toasted almonds, pink onions & parsley **VE**

### Soup

Carrot turmeric & ginger **VE**

**VE = VEGAN V = VEGETARIAN**

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## Thursday

### Mains

Gnocchi, asparagus & peas, slow roast pomodorino, basil pesto **VE**

Roast Halloumi, thick tomato sauce, salsa verde **V**

Slow cooked beef ragu

Roast bass, shaved fennel slaw, pink grapefruit

All served w/ garlic & herb tagliatelle **VE**, romanesco, spinach, pine nuts **VE**, chargrilled courgettes & peppers, fresh basil **VE**

### Salads

Grilled peach mozzarella salad **V**

Mixed baby leaf, tender stem broccoli, blueberries, mixed seeds cashews & avocado **VE**

### Soup

Beetroot & horseradish soup **V**

### Treat

Tiffin **VE**

## Friday

### Mains

Vegan steak fajitas, salsa verde, soft flour tortilla **VE**

Spicy jalapeno mac n cheese **V**

Peri peri chicken w/ grilled lime & garlic & herb sauce

Crispy coconut prawns w/ siracha mayo

All served w/ potato wedges **VE**, charred pepper, spring onion, corn **VE** & grilled greens w/ citrus dressing **VE**

### Salads

Green chilli slaw **VE**

Slow roast tomato, avocado, crisp lettuce & coriander w/ chipotle dressing **VE**

### Soup

Sour & spicy broth w/ rice noodles **VE**

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We use surplus veg from Angry Monk, who rescue fruit and veg from markets and farms throughout London.

This menu has: sweet potato, carrot, aubergine, savoy cabbage, red peppers



This dish supports the Sustainable Restaurant Association's 'One Planet Plate' campaign for a better food future.

Mussel farming has no negative impact on the planet, and they help sequester carbon. Samphire used in this dish is also a low resource intensive crop.

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