

House Favourites
Firm favourites for that home cooked feel

Rooted
the veg one

Full vegetarian or flexi, this option is great if you're giving meat a break.

SIDES

DESSERT

MONDAY

Beef Chilli Mole 1

Vegetable Enchilada 1,7 V

Cajun Sweetcorn
Savoury Rice

Apple Crumble 1 VG &
Custard 7

TUESDAY

Chicken Tikka Masala 1,6,7

Chana Masala 1,6 VG

Steamed Broccoli,
Pilau Rice

Classic Shortbread 1 VG

WEDNESDAY

The Nourish Roast
Roast Beef with all the
Trimmings 1,7,9

Bubble & Squeak
with a Fried Egg 9 V

Roast Potatoes Seasonal
Vegetables

Rice Crispy Cake 1,3,7

THURSDAY

Buttermilk Fried Chicken 1,7

Cajun Bean Burger 1,5 VG

Red Cabbage Slaw 9
Potato Wedges

Chocolate Sponge
1,9 & Chocolate
Sauce 7

FRIDAY



The Chippy
Battered Fish 1,8
and a selection of
Chip Shop Favourites

Fully Loaded Cheese &
Onion Potato Skins 7 V

Chunky chips
Garden peas
Baked beans

Selection of
Jelly Pots, Yoghurt Pots 7
and Fruit Pots

FRESH FRUIT AND YOGHURTS



Dedicious informal choices.
Inspired by popular street food faves.



MONDAY

Teriyaki Chicken
Noodles 1,7

TUESDAY

BBQ Chicken Burrito 1,7

WEDNESDAY

BBQ Pulled
Pork Bap 1,5

THURSDAY

Vegetable Gyoza Sesame
Noodles 1,2,3,5,9,12

FRIDAY

Chef's Special ask at counter
for allergen information

MONDAY

Mac 'n' Cheese 1,7 V
Tomato and Basil 1 VG

TUESDAY

Chilli Chicken 1
Tomato and Basil 1 VG

WEDNESDAY

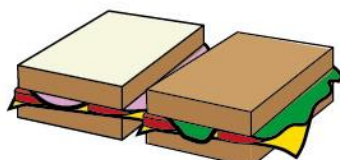
Mushroom Carbonara 1,7V
Tomato and Basil 1 VG

THURSDAY

Creamy Pesto 1,7 V
Tomato and Basil 1 VG

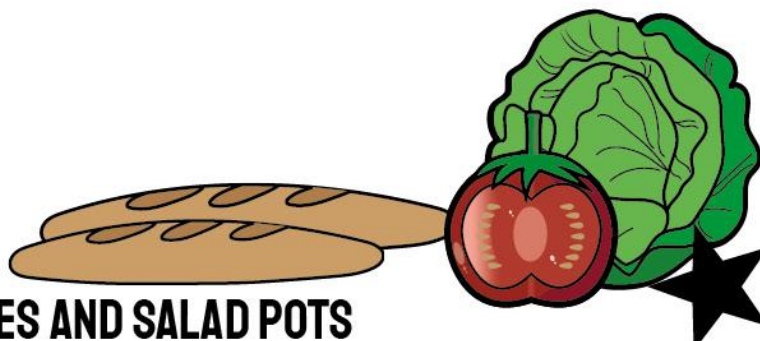
FRIDAY

Tomato and Basil 1 VG



DELI BAR

FRESHLY MADE BAGUETTES, SANDWICHES AND SALAD POTS



LIVING ★ YOUR ★ TASTIEST ★ LIFE

Allergen Key: 1 Wheat Gluten 2 Crustaceans 3 Soy bean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten V Vegetarian VG Vegan

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MONDAY	Traditional Sausage, Mash and Onion Gravy 1,3,6
TUESDAY	Katsu Chicken 1,7,9
WEDNESDAY	The Nourish Roast Honey Roast Gammon with all the Trimmings 1,7,9
THURSDAY	Chicken Shawarma with Flatbread 1,6
FRIDAY	 The Chippy Battered Fish 1,8 and a selection of Chip Shop Favourites

Vegetable Sausage, Mash and Onion Gravy VG
Honey & Soy Vegetable Stir Fry 1,3 V
Puff Pastry Topped Vegetable Pie 1,7 V
Falafel & Houmous Flatbread 1,5 VG
Chickpea and Coriander Burger 1,3,5,9 V

SIDES

Garden Peas
Savoury Rice, Stir Fried Greens
Roast Potatoes Seasonal Vegetables
Crispy Potatoes Mixed Salad
Chunky Chips Garden Peas Baked Beans

DESSERT

Cookie Dough 1,3,9 VG and Ice Cream 7
Pineapple Upside Down Cake 1,9 & Custard 7
Orange Drizzle Cake 1,9
Sticky Toffee Pudding 1,7,9
Selection of Jelly Pots, Yoghurt Pots 7 and Fruit Pots

FRESH FRUIT AND YOGHURTS

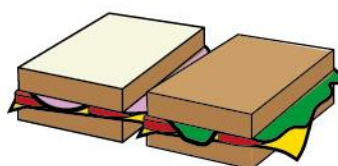


Declicious informal choices. Inspired by popular street food faves.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky Chicken Meatballs with Spiced Rice 1,3	American Hot Dog 1,4,5,6	Loaded Street Cart Wedges 6,7,9 V	Indian Mezze Box 1,3 VG	Chef's Special ask at counter for allergen information

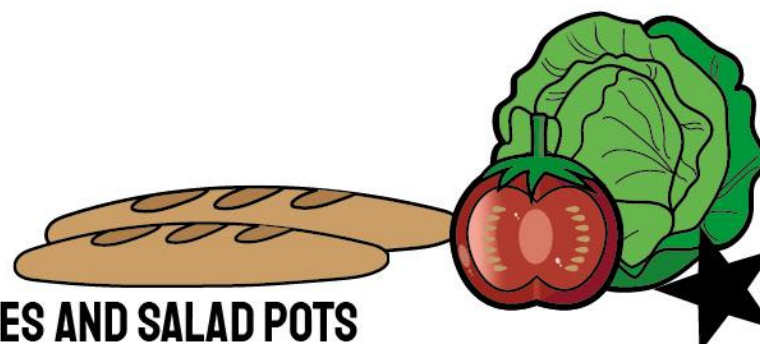


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mac 'n' Cheese 1,7 V Tomato and Basil 1 VG	Chilli Chicken 1 Tomato and Basil 1 VG	Mushroom Carbonara 1,7 V Tomato and Basil 1 VG	Creamy Pesto 1,7 V Tomato and Basil 1 VG	Tomato and Basil 1 VG



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DESSERT

MONDAY

Sticky Sweet Chilli
Beef Noodles 1

Sweet & Sour Vegetables
& Savoury Rice **VG**

Stir Fried Greens

Sticky Lemon Sponge 1,9
& Custard 7

TUESDAY

MAC 'N' CHEESE

Mac 'n' Cheese Bar
Classic Macaroni Cheese
with a selection of Toppings 1,7

Garlic Bread 1,5,9
Roasted Vegetables

Apple Pie 1 **VG** & Custard 7

WEDNESDAY

The Nourish Roast
Lemon and Thyme
Roast Chicken with all
the Trimmings 1,7,9

Roasted Vegetable Tart 1,7 **V**

Roast Potatoes
Seasonal vegetables

Golden Syrup
Sponge 1,9 & Custard 7

THURSDAY

Kung Pao Chicken 1,3,6

Mushroom Fried Rice 9 **V**

Savoury Rice
Stir Fried Greens

Chocolate &
Vanilla Cookie 1 **VG**

FRIDAY

THE CHIPPY

The Chippy
Battered Fish 1,8
and a selection of
Chip Shop Favourites

Mozzarella Pesto Parcel 1,7 **V**

Chunky chips
Garden Peas
Baked Beans

Selection of Jelly Pots, Yoghurt
Pots 7 and Fruit Pots

FRESH FRUIT AND YOGHURTS



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MONDAY

Southern Fried Open Chicken
Wrap with Ranch Slaw 1,9

TUESDAY

Buffalo Cauliflower Wings on
Salt & Pepper Wedges 1,7,9 **V**

WEDNESDAY

Chilli Chicken Rice Box 1,9

THURSDAY

Chicken Gyros 1,4,6

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MONDAY

Mac 'n' Cheese 1,7 **V**
Tomato and Basil 1 **VG**

TUESDAY

Chilli Chicken 1
Tomato and Basil 1 **VG**

WEDNESDAY

Mushroom Carbonara 1,7 **V**
Tomato and Basil 1 **VG**

THURSDAY

Creamy Pesto 1,7 **V**
Tomato and Basil 1 **VG**

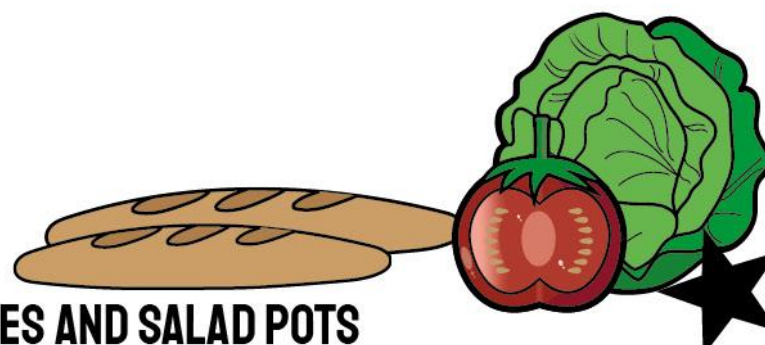
FRIDAY

Tomato and Basil 1 **VG**



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