

Lunch Menu



Refuel & refresh

25 February – 1 March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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Freshly made soup of the day & bread roll £2.25

Indian spiced chicken, tomato, lentil & coriander	Malaysian vegetable & sweet potato Laksa	Cajun chicken & vegetable gumbo	Moroccan spiced chicken, chickpea & couscous	Jamaican jerk chicken, sweet potato, red beans & rice
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Elements Freshly made soup of the day & bread roll £2.25

Quinoa chilli bean broth- VE	Creole tomato soup- VE	Italian winter vegetable & cannellini bean soup- VE	Smokey winter warmer soup with chipotle chilli- VE	Vegetable goulash soup with pearl barley- VE
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Pho pot with protein £3.95 Pho pot vegetarian £3.25

Chinese burn	Italian job	Thai teaser	Malaysian magic	African adventure
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Hot box £4.95

Pasta kitchen Penne pasta with Ham, mushroom & spinach or Puttanesca, tomato & olive sauce V	Global flavours Sichuan Sichuanese Braised beef & vegetable hot pot or Mapo tofu -V Served with egg fried rice & sesame noodles	Global flavours Korean rice bowl Korean fried pork or Korean fried tofu V Served with crispy glass noodles & green pancakes, sauces & toppings	Global flavours Mezze Bros Lamb & beef kofta or Coriander falafel V Served with homemade hummus, bulgur salad, marinated cabbage & warm flatbread. Finish with Lebanese sauces & spices	Seasonal braise Chicken, smoked bacon, mushroom & onion casserole Moroccan style squash & butterbean stew V Served on either Bulgur wheat & chickpeas or pearl barley & lentils
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Sides £1.25

Garlic ciabatta Grissini sticks	Dry fried green beans with chilli Hot sweet & sour aubergines	Spring rolls Prawn crackers	Lebanese potatoes (Batata hara) Smokey grilled aubergines	Home baked cheese scones Grilled pitta bread
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Make & shake salad medium £3.25 Make & shake salad large £3.95

Freshly prepared to order at our Deli bar.

Select your salad base and add: One protein item, three salad items, salad dressing and a topping

V = Vegetarian VE = Vegan

If you have any allergies please ask a member of our team for Allergen information