

Lunch Menu

4 - 8 March 2019



Refuel & refresh

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

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| Hungarian beef goulash | Pea & ham | Peruvian pork, squash & onion | Mexican chicken, lime, coriander & green onion | Italian sausage, tomato, bean & oregano |
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Elements Freshly made soup of the day & bread roll £2.25

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| Leek & Potato VE | Roasted Pepper & tomato soup- VE | Mediterranean Vegetable soup- VE | Butternut Squash soup with chilli- VE | Root Vegetable goulash soup with pearl barley- VE |
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Pho pot with protein £3.95 Pho pot vegetarian £3.25

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| Indonesian dream | Jamaican jerk | British Union Jack | Cajun chowder | Indian Bombay |
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Hot box £4.95

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| Heavenly Burger Lamb Burger with minted yoghurt or Veggie Burger V | Beak Street Chicken Peri-Peri Chicken Leg or Peri-Peri Vegetable Skewer V served with spicy rice & dry slaw | Urban Rajah Pav Bhaji Tam Tam chicken or Pumpkin & aloo Tikki V served with a pretzel roll, fing salad with Punjabi refried beans | Pizza Foundry Chicken Caesar Pizza or Forgotten Forest Pizza V Served with Side salad with balsamic dressing & Spiced Wedges. | Chip shop Crunchy Fish Goujons with lemon. Garlic and smoked paprika aioli or Chip shop Quorn sausages Both Served with Chips |
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Sides £1.25

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| Onion Rings Coleslaw | Corn on the Cob Chilli Minted Peas | Naan Bread, Vegetable pakoras | Dough Balls BBQ Chicken Wings | Curry sauce Garden peas |
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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