

Lunch Menu

Breakfast | 7:30 - 10.00

Lunch | 12.00 - 14.30

W/C 14th September 2026

Plant Forward

Russia

Mushroom stroganoff with baked long grain rice, sour cream, dill oil, batata palha

Tunisia

Roasted aubergine, chickpeas chakhokhbili, garlic matsoni, crispy herb potatoes, fresh coriander, pomegranate.

Japan inspired

Miso glazed celeriac steak, smoked butterbean puree, charred hispi cabbage, pickled apple, hazelnut & sage crumb, cider jus.

Italy

Broccoli, fontal, pasta bake topped with herb & pine nut crust, heirloom tomato, basil salad

Iraq

Sabich sandwich stuffed with aubergine, chickpeas, chopped salad, amba , tahini , pickles, zhug, garlic fried potato

Chef's Table

China

Kung Pao crispy chicken, chilli, scallion, pepper, peanuts, steamed rice, garlic, ginger green beans, prawn crackers

France

Herb & garlic seared pork chop with aubergine caviar, potato fondant, charred courgette, sauce vierge, cured black olive slices

France

12-hour braised beef brisket, red wine, Madera celeriac puree, crispy parsley potatoes, glazed baby onions, charred broccoli, pickled walnut, tarragon oil

France

Roast duck with pomme puree, braised red cabbage, mustard jus, fried leeks, endive salad

Jamaica

Crispy trout with pepper, onion escovitch, coconut rice, fried pineapple & lime

Daily Offer

Protein | Chicken Gyoza

Base | Sesame & ginger noodles

Dressing | Chilli, edamame, gyoza tare

Toppers | Toasted sesame seeds, pickled ginger

Salads | Fresh & seasonal

Grains, salad items, proteins, toppers & dressings

Jackets | A range of hot & cold fillings

Deli bar | Fresh artisan breads from our bakery

A Selection of local & continental meats, cheeses & a variety of seasonal fillings. Available hot or cold

Soups | Daily options using waste not produce

To help reduce food waste in our kitchen, our chefs will create a daily Soup of the Day using seasonal surplus produce and ingredients available each morning. Ask a member of our team for todays option or check our menu.

Mixed vegetable soup available every day

Breakfast Specials

Mon – Fri – Eggs to order Station

Monday – Sliced Sourdough with Avocado, Egg and Nuts

Tuesday- Shashuka Bowl with Poached Eggs and Garlic Toast

Wednesday – Warm bagel with smoked bacon & crème cheese

Thursday- Breakfast Burrito

Friday – Breakfast Bap



Plant-based



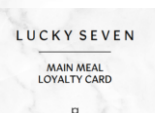
Plant-forward



Vegetarian

Promotions

Enjoy your 7th meal
for free with our
lucky sevens loyalty



Grab and Go | Sandwiches, Sushi, Salads,
Ready Meals

Confectionary | Wide range of drinks & snacks
on offer

Essentials | on offer in the Shipping Office