

Lunch Menu

Breakfast | 8.00am-10.00am

Lunch | 12.00pm-14.00pm

W | C 30th June 2025

Plant Forward

- M** **Lebanese**
Lebanese spiced aubergine & chickpea stew, muhammara dip, tzatziki dip, pickled red onion
- Tu** **Indian**
Cauliflower chickpea & bell pepper masala, raita
Tipperary yogurt, mango chutney poppadum shard
- W** **Italian**
Sweet potato & roasted red pepper gnocchi, crumbled feta cheese
- Th** **Japanese**
Katsu fried tofu, katsu curry sauce, lime wedge, chillies, coriander
- F** **4th of July**
Buffalo Mac & cheese, ruby slaw, crispy fried onions

Chef's Table

- M** **Moroccan**
Harissa style beef & lentil stew, muhammara dip, tzatziki dip, pickled red onion
- Tu** **Irish**
Honey mustard loin of Loughnan's bacon, mustard cream sauce
- W** **Traditional**
Golden fried breast of manor farm chicken Kiev with a fresh herb & garlic churned butter
- Th** **Italian**
Stoneground prime Irish beef lasagne 3 cheese topping
- F** **4th of July**
Louisiana southern fried chicken, ranch dressing, ruby slaw

Daily Offer

- Build your own – Burger** (Hot Dogs on Friday!)
- Base** | Brioche bun
- Protein** | Burger or Eden beetroot & quinoa burger
- Sauce** | Burger sauce, garlic mayo, bourbon bbq sauce
- Toppers** | Sliced cheddar cheese, sliced tomato, baby gem, crispy onions, gherkins
- 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 knot produce 
- Mon** | Slow roasted ross hazel farm tomato & basil
- Tues** | McNally farm creamed cauliflower & almond
- Wed** | Minestrone
- Thur** | Roasted butternut squash & sweet potato
- Fri** | New Orleans Clam & sweetcorn chowder
- Mixed vegetable soup available every day**

Breakfast Specials

Monday | Wednesday | Friday

Omelette Bar – see daily menu for special fillings

Tuesday | French toast bar

Thursday | Avocado, spinach, poached egg on sourdough



Halal



Plant-based



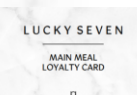
Plant-forward



Vegetarian

Promotions

Enjoy your 7th meal
for free with our
Lucky Seven's loyalty



Grab and Go | sandwiches, yoghurts

Confectionary | wide range of drinks & snacks on offer

Essentials | on offer in the Shipping Office