

# Lunch Menu

Breakfast | 7.30am-10am

Lunch | 11.30am-14.30pm



WC 13<sup>th</sup> May 2024

## Chef's Special

### Risotto

Sausage, mushroom & sundried tomato risotto or pea & wild rocket parmesan risotto

Topped- mean green oil or red pesto dressing

### Rub & Glazed

LDF lamb steak or celeriac steak

Served – mini rub roasties, sauteed kale & courgette

Topped – mint sauce or chimichurri dressing

### Way to be Well

Chalk stream trout or parsnip rosti

Served – roasted sweet potato, brown rice, spring onion, cherry tomato & charred baby leeks

Topped - orange & parsley gremolata or basil olive oil

### Lyonnaise

Grilled chicken, black pudding or chorizo

Served – sweet potato or potato & sauteed vegetables

Topped – herb oil, sundried tomato oil & creamy herb

### Arepas

Pulled beef, crunchy fried chicken or black bean stew

Served – arepas, sweet potato wedges & plantain

Topped - Pickles, pico de gallo, avocado &

chipotle sauce

## Hot Weigh & Pay

### Bao Bun

Slow cook pulled pork, breaded crispy fish & sweet chilli

jack fruit served with bao buns, skinny fries, pickled vegetable & a selection of salads & sauces

### Lebanese Meze

Harissa chicken shish, lamb adana kebabs & roasted

vegetable skewer served with tangy bulgar wheat, pitta bread, an assortment of pickled vegetables, salads & sauces

### Thai

Thai red chicken, thai yellow prawns & thai green tofu

Served with noodles, sticky rice, papaya salad, crispy chicken wings, vegetable spring rolls & sweet chilli sauce

### World Baking Day

Chicken & leek pie, pork & apple pasty & cheese & leek

potato pie with a mash potato, roasted carrots, broccoli & gravy

### The Chip Shop

Battered fish of the day, beef & onion pie, sausage roll,

chicken & mushroom pie, saveloy & cheese & onion tart

Served with chips, peas, beans, curry sauce & gravy

## Daily Offer

**Salads** | Fresh & seasonal

Grains, salad items, proteins, toppers & dressings

**Jackets** | A range of hot & cold fillings

**Deli bar** | Fresh artisan breads from our London bakery

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

**Hot deli sandwich**

**Mon** | BBQ pulled duck, spring onion & chutney slaw

**Tues** | Roasted striploin of beef & horseradish mayo

**Wed** | Mushroom steak, chard onion & chipotle mayo

**Thurs** | Honey mustard ham, gherkin & mixed leaf

**Soups** | Daily options using waste knot produce

**Mon** | Pea & mint / Rice noodle & chicken

**Tues** | Carrot & orange / Tomato & chorizo

**Wed** | Broccoli & stilton / Beef & barley

**Thurs** | Vegetable broth / Put lentil & bacon

**Fri** | Chef soup of the day

## Breakfast Specials

**Monday | Wednesday | Friday**

Omelette Bar – see daily menu for special fillings

**Tuesday** | French crepes & a variety of toppings

**Thursday** | Detox spring vegetable, seeds & a fried egg



Halal



Plant-based



Plant-forward



Vegetarian

## Promotions

**Sustainability stars**

**BRING YOUR MUG**

**Enjoy your 7<sup>th</sup> meal**

**for free with our**

**lucky sevens loyalty**



LUCKY SEVEN

MAIN MEAL

LOYALTY CARD

**Grab and Go** | Eat 10 sandwiches, yoghurts & sushi

**Confectionary** | Wide range of drinks & snacks on offer

**Essentials** | on offer in Cafe Tei