

Lunch Menu

Breakfast | 7.30am-10am
Lunch | 11.30am-14.30pm

CAFE TEI

WC 14th July 2025

Chef's Special

Mexican - Soft Taco

Beef birria, chilli fried chicken or roasted cauliflower
Served – soft tacos, seasoned potato wedge & salad
Topped - black bean salsa, sour cream & cheese sauce

Japanese Yakitorori

Chicken skewer, soy trout skewer or tempeh skewer
Served – sticky rice & a selection of Asian vegetables
Topped – Ponzu sauce, yakitori sauce & cucumber salad

Ways To Be Well – Malaysian

Satay chicken, pan-fried fish cakes, pan-fried tofu
Served - Nasi Lemak (Coconut Milk Rice) or rice noodle
Topped – satay sauce, curry laksa & sambals dips

Seared

Hereford minute steak or seared celeriac steak
Served – cauliflower rice, sauteed kale & courgette
Topped – minted sauce & chimichurri dressing

Loaded Fries

Smoky seasoned fries or sweet potato fries topped with
chilli beef, beef sausage or BBQ jackfruit
Finished with seasonal vegetable, cheese & sauces

Hot Weigh & Pay

Moroccan

Chermoula chicken, LDF Moroccan lamb sausage,
butternut squash & chickpea tagine served with
citrus & dried fruit cous cous, zaalouk , tzatziki & pitta

Italian

Beef bolognese & creamy mushroom served with
spaghetti, penne pasta, garlic & parsley bites & green
garden salad

Japanese Katsu Crazy

Breaded chicken, teriyaki chicken escalope, fish goujons
& marinated squash katsu served with sticky coconut
rice, java katsu sauce, pickled vegetable & mixed radish
salad

British Roast

Lemon thyme & garlic chicken, honey-mustard roasted
gammon & nut roast served with roasted potato,
seasonal vegetables, Yorkshire pudding & gravy

Chip Shop

Battered haddock, sausage roll, chicken & mushroom
pie, cheese & onion tart served with chunky chips,
peas, beans, curry sauce & gravy

Daily Offer

Hot Deli Sandwich

Mon | Monte Cristo – glazed ham & cheddar cheese
Tues | Rosemary lamb, mint sauce & spinach
Wed | Falafel burger, minted yoghurt, mixed leaves
Thurs | Roasted beef, piccalilli & red chard

Salad Bar & Hot Protein

Mon | Caesar – herby chicken & vegan fillets
Tues | Mediterranean – lamb kofta & falafel
Wed | Superfoods – meatballs & plant-based meatballs
Thurs | Indonesian – satay chicken & spicy tofu
Fri | Chef Caio seasonal salad table

Soups

Daily options using waste knot produce
Mon | Cream of mushroom / seafood chowder
Tues | French onion / chicken noodle
Wed | Courgette & mint / beef mulligatawny
Thurs | Spinach & nutmeg / harvest duck soup
Fri | Chef soup of the day

Breakfast Specials

Tuesday | Wednesday | Friday

Omelette Bar – see daily menu for special fillings

Monday | Bastille Day – Crepe Bar

Thursday | Avocado, spinach, poached egg on
sourdough



Halal



Plant-based



Plant-forward



Vegetarian

Promotions

Sustainability stars
BRING YOUR MUG
Enjoy your 7th meal
for free with our
lucky sevens loyalty



LUCKY SEVEN

MAIN MEAL
LOYALTY CARD

Grab and Go | sandwiches, yoghurts & sushi
Confectionary | Wide range of drinks & snacks
on offer
Essentials | on offer in Cafe Tei