

Lunch Menu

Breakfast | 7.30am-10am


Lunch | 11.30am-14.30pm

CAFE TEI

WC 22nd April 2024


Chef's Special

The Grill

Minute steak, halloumi or portobello mushroom 


M Served – homemade tortilla crisps, salad & pomegranate
Topped – honey & wholegrain mustard, tomato & chilli or lemon & herb oil

Wok Stop

Tu Teriyaki beef, hoisin pork or tofu & black bean 


Served – egg fried rice, soy noodle & oriental vegetables
Topped – selection of sauce & prawn crackers

Ways to be Well

W Blackened mackerel or chargrilled tenderstem broccoli 


Served – selection of quinoa, sorrel, edamame & salad
Topped – watercress dressing, lemon oil or miso dressing

Persian

Th Harissa chicken skewer or zhoug halloumi 

Served – hummus, sweet potato fries & grilled vegetables
Topped – salads, feta cheese, pickles & sauces


Kati Roll

F Tangy tandoori chicken, chickpeas or paneer cheese 

Served – roti, steamed rice & seasonal vegetables
Topped – coriander, tomato & onion salad & sauces


Hot Weigh & Pay

Korean

M Sticky BBQ sesame seed chicken, braised pork chops, sweet chilli breaded prawns & mushroom bulgogi 


served with kimchi fried rice & sweet & sour radish salad

St George's Day

Tu Classic shepherd's pie, Barnsley chop, roasted mackerel & vegetarian toad in the hole 

served with creamy mash potato, steamed garden peas, roasted carrots, broccoli & cauliflower cheese & english chop chop salad

Jollof


W Roasted chicken, peppered beef stew & stewed black-eyed beans 

served with jollof rice, baked okra, roasted corn on the cob & fried plantain

Beach Shack





Th Blackened mahi mahi, garlic & herb chicken & fish goujons served with sweet potato fries, spicy yellow vegetable rice, tropical coleslaw & selection of sauces

The Chip Shop

F 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 | Mushroom & tarragon / Lamb & chickpea

Tues | Cream of broccoli / Vegetable & bacon

Wed | Carrot & coriander / Chicken & sweetcorn

Thurs | Garden pea / Red pepper & chorizo

Fri | Chef soup of the day

Breakfast Specials

Monday | Wednesday | Friday

Omelette Bar – see daily menu for special fillings

Tuesday | American pancakes & toppings

Thursday | Eggs benedict



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 | Eat 10 sandwiches, yoghurts & sushi

Confectionary | Wide range of drinks & snacks on offer

Essentials | on offer in Cafe Tei