

# Lunch Menu

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

CAFE TEI

WC 25<sup>th</sup> March 2024

## Chef's Special

### Stroganoff

Roasted chicken, braised pork shoulder or roasted trout  
Served - rice of your choice, mushrooms & vegetables  
Topped – white sauce, tomato & herb sauce & fresh herbs

### Miso

Char sui pork, tiger prawns or crispy fried tofu  
Served – white miso broth & flat rice noodle  
Topped – fresh chilli, coriander & a selection of sauces

### Way to be well

Pork & herb patties or halloumi with lemon & garlic  
Served – sweet potato fries, celeriac slaw & salads  
Topped – spiced tomato chutney or apple pickle

### Crepes

Roasted trout, grilled lemon thyme chicken or creamy spinach & mushroom  
Served – skinny fries or potato crisp & vegetables  
Topped – hollandaise sauce, spicy tomato or herb sauce

**Closed Bank Holiday  
Happy Easter**

## Hot Weigh & Pay

### Hungarian

Beef goulash, chicken paprikash & aubergine & pepper stew  
served with paprika potatoes, sauté courgette, pickled cucumber & sour cream

### Jamaican

Jerk Suffolk chicken, escovitch style fry fish & vegetable patties  
served with rice & peas, plantain, rainbow coleslaw, sweet potato wedges & jerk sauce

### Dirty Hot Dog

Bratwurst, chicken hotdog & vegetarian frankfurter  
served with brioche roll, skinny fries, caramelised onion & selection of toppings & sauces

### Easter

Roasted leg of lamb, lemon & thyme chicken leg, baked trout & nut roast  
served with roast potatoes, honey carrots & parsnips, pickled red cabbage, cauliflower cheese, yorkshire puddings & gravy

**Closed Bank Holiday  
Happy Easter**

## 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*

Prices from 3.25

**Soups** | Fresh daily options using waste knot produce

**Mon** | Courgette & rocket / Scotch broth

**Tues** | Tomato & basil / Pea & ham

**Wed** | Sweet potato & coconut / Curried chicken

**Thurs** | Herby puy lentil / White bean & beef

**Fri** | Closed

**Grab and Go** | Eat 10 sandwiches, yoghurts & tanpopo  
japanese foods

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

**Essentials** | on offer in Cafe Tei

## Breakfast Specials

**Monday | Wednesday | Friday**

Omelette Bar – see daily menu for special fillings

**Tuesday** | Smashed avocado, poached egg, mixed seeds on bloomer toast

**Thursday** | Potato & chorizo hash



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