

## Weekly Menu



### MONDAY



Cumberland Sausage Or Vegan  
Cumberland  
Mashed Potato  
Steamed Greens  
Onion & Thyme Gravy

Carrot & Coriander Soup  
Minestrone Soup

### TUESDAY



Gochujang Brisket Or Korean  
BBQ Pea & Fava Bean  
Steamed Brown Rice  
Miso & Wasabi Broccoli, Tokyo,  
Sesame, Orange & Avocado  
Salad  
Crispy Onions  
Kimchi Dressing

Highland Vegetable Soup  
Red Pepper & Tomato Soup

### WEDNESDAY



Jerked Chicken Thigh  
Jerk Cauliflower  
Rice & Pea  
Cornmeal Beignet  
Crispy Onions, Chillies,  
Coriander, Spring Onions  
Red Coleslaw, Mango &  
Pineapple Salsa

Leek & Potato Soup  
Cream of Tomato Soup

### THURSDAY



Crispy Beef Or Chilli & Ginger  
Tofu (VGN)  
Pickled Red Cabbage,  
Marinated Mushroom  
2x Steamed Hirata Bun  
Spring Onion, Sliced Chilli  
Black Bean Sauce, Sweet & Sour  
Sauce, Szechuan Sauce &  
Kimchi Salad

Carrot & Coriander Soup  
Highland Vegetable Soup

### FRIDAY



Sweet Chilli & Sesame Chicken  
Thigh  
Bulgogi Mushroom & Tofu  
Steamed Rice  
Korean Garden Slaw  
Chillies, Spring Onions, Coriander  
Korean BBQ, Gochujang  
Mayonnaise

Minestrone Soup  
Red Pepper & Tomato Soup



Our hot counter is a haven for pastry lovers, offering a mouthwatering selection of freshly baked sausage rolls and other savory delights. Every item is served warm and ready to enjoy. Perfect for a quick snack or a satisfying meal on the go.



At our full customization salad bar, you're the chef! Select from a wide variety of fresh greens, vibrant veggies, proteins, and toppings to craft your perfect salad. Whether you prefer crunchy, zesty, or savory, we've got you covered. Once you've made your selections, our expert staff will chop everything together right before your eyes, ensuring every bite is bursting with flavor. Healthy, personalized, and delicious—your ideal salad awaits!



Enjoy a perfectly baked, golden Jacket Potato with a crisp skin and fluffy interior. Choose your favorite combination of toppings from our extensive selection to create the ultimate loaded potato just the way you like it.

**SALMON & CREAM CHEESE £5.10**

Smoked Salmon, Cream Cheese, Cucumber Ribbons & Rocket - 552 kcal

**PORK PATTIE £5.10**

Pork Pattie, Sliced Egg, Bacon, Grated Cheese, Light Mayo & Rocket - 773 kcal

**PAKORA & SWEET CHILLI £4.40**

Pakora, Sweet Chilli Slaw, Mixed Pepper & Spinach - 510 kcal

**COASTAL CHEDDAR PLOUGHMAN'S £5.10**

Coastal Cheddar, Red Onion Chutney, Cucumber  
Tomato & Mixed Leaf - 487 kcal

**CHICKEN CAESAR £4.40**

Shredded British Chicken Breast, Cucumber, Red Onion, Rocket & Caesar  
Dressing - 454 kcal

**SALAMI & CHEESE £5.10**

Salami, Pickled Gherkin, Sauerkraut, Cheddar & Mixed Leaf - 527 kcal