

Weekly Menu



MONDAY

Bank Holiday

TUESDAY



Jerk Pulled Pork Shoulder
Jerked Jackfruit
Peppery Leaf Mix
Avocado & Pineapple Salsa
Mustard, Celery & Pepper
Potato Salad
Naked Vegetable Slaw
Spring Onion, Sliced Gherkin,
Crispy Onion & Jalapeno

Beef Goulash Soup
Red Pepper & Tomato Soup

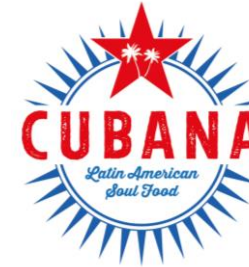
WEDNESDAY



Sesame Buttermilk Chicken
Bulgogi Mushroom
Floured Tortilla Wrap
Chilli Rice
Shredded Cabbage, Pickled
Red Onion, Coriander, Spring
Onion
Sriracha, Gochujang
Mayonnaise

Leek & Potato Soup
Cream of Tomato Soup

THURSDAY



Chipotle BBQ Pork Shoulder
Crisp Chilli & Lime Tofu
Brioche Bap
Congris - Coconut, Black Bean,
Pepper Rice
Guacamole, Grated Cheddar,
Sliced Tomato
Sliced Gherkin

Cream of Chicken Soup
Highland Vegetable Soup

FRIDAY



Oregano Pulled Chicken Or
Sweet Potato Falafel
12" Flour Tortilla
Bulgar Wheat Salad
Tomato & Feta Salad
Houmous, Tzatziki

Beef Goulash Soup
Red Pepper & Tomato Soup

BAKE & SLICE

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.

PEEL & LOAF
SIGNATURE SANDWICHES

SALMON & CREAM CHEESE £5.10

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

FALAFEL & HUMMUS £4.40

Falafel, Houmous, Grated Carrot, Red Onion & Baby Spinach - 489 kcal

SWEET CHILLI CHEESE £4.40

Grated Cheddar cheese, sweet chilli Sauce, Mayonnaise, Cucumber & Mixed Leaves - 661 kcal

PEPPERONI £5.10

Pepperoni, Tomato Salsa, Grated Mozzarella, Jalapenos & Rocket - 621 kcal

CHICKEN & BACON £5.10

Shredded British Chicken Breast, Smoked Streaky Bacon, Light Mayonnaise, Mixed Peppers & Baby Leaves - 539 kcal

HAM HOCK & COASTAL CHEDDAR £5.10

Shredded Ham Hock, Coastal Cheddar, Mayonnaise, Cucumber, Tomatoes & Mixed Leaves - 487 kcal