WEEKLY MENU

WEEK 1

WOK MY WAY — EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

FLAT BREAD — EVERY WEDNESDAY

Authentic Greek flatbreads topped with marinated chicken or plant-based protein

EVERY THURSDAY — CHICK N' RUN

Chicken served with a range of signature marinades and seasoned rice

Switch it up with our street food favourites! Ask the team for this week's flavours

PLANT FORWARD MON	BBQ Veggie Meatballs & Steamed Rice with Broccoli and Sweetcorn or Mixed Salad (VG)	Cauliflower Cheese Pastry Bake with Wedges, Broccoli and Sweetcorn or Mixed Salad (V)
TUE	Sticky Hoi Sin Chicken & Rice with Broccoli, Carrots and Cauliflower (Halal Available)	Chickpea, Butternut & Aubergine Dhansak with Rice, Broccoli, Carrots and Cauliflower (VG)
WED	Cottage Pie & Gravy with Seasonal Greens and Carrots (Halal)	Veggie Cottage Pie with Sweetcorn, Peppers & Green Beans (VG)
THU	Over Baked Chicken Katsu with Rice, Broccoli & Sweetcorn and Pickled Vegetables (Halal)	Naked Sweet Potato Katsu, Rice, Broccoli & Sweetcorn and Pickled Vegetables
FRI	Sustainably Sourced Battered Fish & Chips **OR** Sausage & Chips (Halal) with Peas and Beans or Mixed Salad	Turkish-Style Veggie Pizza & Mixed Salad with Wedges, Broccoli and Sweetcorn (V)

POT & TASTY

Daily range of ready to go pots including pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet treats, served every day

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up



9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

V - VEGETARIAN
VG - VEGAN

WEEKLY MENU

WEEK 2

WOK MY WAY — EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

FLAT BREAD — EVERY WEDNESDAY

Authentic Greek flatbreads topped with marinated chicken or plant-based protein

EVERY THURSDAY — CHICK N' RUN

Chicken served with a range of signature marinades and seasoned rice

Switch it up with our street food favourites! Ask the team for this week's flavours

PLANT FORWARD MON	Louisiana-Style Sausage, Bean & Vegetable Stew with Rice, Sweetcorn and Green Beans or Mixed Salad (VG)	Smashed Falafel wrap with Salad & Minted Yoghurt and Wedges (V)
TUE	Beef Lasagne served with Garlic Bread Green Beans and Sweetcorn or Mixed Salad (Halal)	Butternut, Aubergine, Feta & Spinach Lasagne served with Garlic Bread Green Beans and Sweetcorn or Mixed Salad
WED	Sausage & Mash, Caramelised Onion Gravy with Broccoli, Carrots and Cauliflower (Halal)	Veggie Sausage & Mash with Caramelised Onion Gravy, Broccoli, Carrots and Cauliflower (VG)
THU	Korma Style Chicken & Lentil Curry with Rice, Green Beans and Sweetcorn or Mixed Salad (Halal)	Sweet Potato, Spinach & Chickpea Style Korma with Mixed Rice, Peas and Mixed Vegetables or Garden Salad (VG)
FRI	Sustainably Sourced Battered Fish & Chips or Oven Baked Chicken Nuggets & Chips (Halal) with Peas and Beans or Mixed Salad	Herb Crumbed Macaroni Cheese served with Garlic Bread and Peas or Mixed Salad

POT & TASTY

Daily range of ready to go pots including pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet treats, served every day

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up



26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

V - VEGETARIAN
VG - VEGAN

WEEKLY MENU

WEEK 3

WOK MY WAY — EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

FLAT BREAD — EVERY WEDNESDAY

Authentic Greek flatbreads topped with marinated chicken or plant-based protein

EVERY THURSDAY — CHICK N' RUN

Chicken served with a range of signature marinades and seasoned rice

Switch it up with our street food favourites! Ask the team for this week's flavours

PLANT FORWARD

MON	Veggie Sausage, Tomato & Basil Pasta with Seasonal Greens and Carrots (VG)	Cheese, Onion & Potato Pie with Wedges, Garlicky Green Beans and Carrots or Mixed Salad (V)
TUE	Smokey BBQ Chicken Enchilada with Rice, Roasted Sweetcorn & Peppers or Mixed Salad (Halal)	Vegetable & Mixed Bean Enchilada with Roasted Sweetcorn & Peppers or Mixed Salad
WED	Roast of The Day, Gravy & Roasties with Seasonal Greens and Carrots (Halal)	Savoury Veggie Mince, Yorkshire Pudding, Roasties, Seasonal Greens & Carrots (V)
THU	Chicken in Blackbean Sauce & Mixed Rice with Green Beans, Sweetcorn and Peppers (Halal)	Korean-Style BBQ Bulgogi & Rice with Sweetcorn, Peppers and Green Beans (VG)
FRI	Sustainably Sourced Battered Fish & Chips **OR** Oven Baked Sausage & Chips with Peas, Beans or Mixed Salad (Halal)	Veggie Burger with Chips, Peas & Beans or Mixed Salad

POT & TASTY

Daily range of ready to go pots including pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet treats, served every day

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up



2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

V - VEGETARIAN
VG - VEGAN