

From bowl to soul

SAMPLE LUNCH MENU

DAILY

Caerphilly Cheese and Leek Quiche

Fresh Baked Artisan Breads

SALAD - CHEF'S CHOICE DAILY*

Rainbow Quinoa Salad - orange segments, pomegranate, chia and golden flax seeds, mint, mixed leaves (VG)

Charred Caesar Salad - Grilled baby gem, Caesar dressing, parmesan, sourdough bites, crispy onions (V)

Cherry Tomato and Feta - fresh basil and balsamic, cracked pepper and pink peppercorns (V)

Classic Greek Salad - feta cheese, red onion, mixed Greek olives, cucumber, fresh oregano & red wine vinegar (V)

Vegetable crudite - fresh vegetable batons, sesame hummus, fried tortilla crisps, roasted sunflower seeds (VG)

Superfood Salad - kale, baby spinach, endame beans, blueberries, avocado, walnuts, yuzu dressing (VG)

* Four salads served daily. Choice of salad is at Chef's discretion

MAIN

Cajun Spiced Chargrilled Chicken Thighs - celeriac remoulade

Blackened Salmon Fillet- grilled sweetcorn, edamame beans, red peppers

Chargrilled Tenderstem Broccoli - toasted almonds (VG)

Fresh Garlic Baked Ciabatta Breads (V)

VEGETARIAN MAIN

Black Bomber Mac & Cheese - truffle oil, rosemary pangratatta (V)

Tempura battered vegetable bites - fresh chili and coriander, chili sour cream served on side (V)

From bowl to soul

SAMPLE LUNCH MENU

DAILY

Caerphilly Cheese and Leek Quiche

Fresh Baked Artisan Breads

SALAD - CHEF'S CHOICE DAILY*

Rainbow Quinoa Salad - orange segments, pomegranate, chia and golden flax seeds, mint, mixed leaves (VG)

Charred Caesar Salad - Grilled baby gem, Caesar dressing, parmesan, sourdough bites, crispy onions (V)

Cherry Tomato and Feta - fresh basil and balsamic, cracked pepper and pink peppercorns (V)

Classic Greek Salad - feta cheese, red onion, mixed Greek olives, cucumber, fresh oregano & red wine vinegar (V)

Vegetable crudite - fresh vegetable batons, sesame hummus, fried tortilla crisps, roasted sunflower seeds (VG)

Superfood Salad - kale, baby spinach, endame beans, blueberries, avocado, walnuts, yuzu dressing (VG)

* Four salads served daily. Choice of salad is at Chef's discretion

MAIN

Jerk Chicken - mango salsa

Seafood Moqueca - poached seafood and prawns, spicy red pepper and coconut ragu, wild rice, toasted coconut

Chargrilled Gammon Steak- brown sugar glaze, grilled pineapple

VEGETARIAN MAIN

Open Jackets - cheese & chive stuffed potatoes (V)

Red Pesto Gnocchi - sundried tomatoes, olive, capers and grilled pimentos (V)

Chanteny Carrots and Kale - roasted with maple and toasted cumin seeds (VG)

SAMPLE LUNCH MENU

DAILY

Caerphilly Cheese and Leek Quiche

Fresh Baked Artisan Breads

SALAD - CHEF'S CHOICE DAILY*

Rainbow Quinoa Salad - orange segments, pomegranate, chia and golden flax seeds, mint, mixed leaves (VG)

Charred Caesar Salad - Grilled baby gem, Caesar dressing, parmesan, sourdough bites, crispy onions (V)

Cherry Tomato and Feta - fresh basil and balsamic, cracked pepper and pink peppercorns (V)

Classic Greek Salad - feta cheese, red onion, mixed Greek olives, cucumber, fresh oregano & red wine vinegar (V)

Vegetable crudite - fresh vegetable batons, sesame hummus, fried tortilla crisps, roasted sunflower seeds (VG)

Superfood Salad - kale, baby spinach, endame beans, blueberries, avocado, walnuts, yuzu dressing (VG)

* Four salads served daily. Choice of salad is at Chef's discretion

MAIN

Pork and Beef Meatballs - Sticky Korean BBQ sauce

Grilled Chicken Thighs - green Thai curry, mangetout, coriander, chillies, lime

Honey Teriyaki Salmon - grilled pak choi and beansprouts

VEGETARIAN MAIN

Chargrilled Halloumi - black bean and sweet potato chili, grilled avocado (V)

Asian Vegetable Stir Fry - toasted sesame and ginger (V)

Coconut Rice

SAMPLE LUNCH MENU

DAILY

Caerphilly Cheese and Leek Quiche

Fresh Baked Artisan Breads

SALAD - CHEF'S CHOICE DAILY*

Rainbow Quinoa Salad - orange segments, pomegranate, chia and golden flax seeds, mint, mixed leaves (VG)

Charred Caesar Salad - Grilled baby gem, Caesar dressing, parmesan, sourdough bites, crispy onions (V)

Cherry Tomato and Feta - fresh basil and balsamic, cracked pepper and pink peppercorns (V)

Classic Greek Salad - feta cheese, red onion, mixed Greek olives, cucumber, fresh oregano & red wine vinegar (V)

Vegetable crudite - fresh vegetable batons, sesame hummus, fried tortilla crisps, roasted sunflower seeds (VG)

Superfood Salad - kale, baby spinach, endame beans, blueberries, avocado, walnuts, yuzu dressing (VG)

* Four salads served daily. Choice of salad is at Chef's discretion

MAIN

Lamb Kofta - mint and cucumber yoghurt

Chicken Satay Skewers - crushed peanuts, coconut and pineapple

Grilled Cod - green Thai prawn curry, braised wild rice

VEGETARIAN MAIN

Sauteed Summer Greens - rainbow chard, watercress, spinach (V)

Char Sui Tempah - sticky asian BBQ glaze, stir fried vegetables (V)

Herb and garlic roast new potatoes (VG)

SAMPLE LUNCH MENU

DAILY

Caerphilly Cheese and Leek Quiche

Fresh Baked Artisan Breads

SALAD - CHEF'S CHOICE DAILY*

Rainbow Quinoa Salad - orange segments, pomegranate, chia and golden flax seeds, mint, mixed leaves (VG)

Charred Caesar Salad - Grilled baby gem, Caesar dressing, parmesan, sourdough bites, crispy onions (V)

Cherry Tomato and Feta - fresh basil and balsamic, cracked pepper and pink peppercorns (V)

Classic Greek Salad - feta cheese, red onion, mixed Greek olives, cucumber, fresh oregano & red wine vinegar (V)

Vegetable crudite - fresh vegetable batons, sesame hummus, fried tortilla crisps, roasted sunflower seeds (VG)

Superfood Salad - kale, baby spinach, endame beans, blueberries, avocado, walnuts, yuzu dressing (VG)

* Four salads served daily. Choice of salad is at Chef's discretion

MAIN

Salmon Fillet - wilted spinach, leeks and samphire, lemon Hollandaise

Crispy Beef Rendang - Spicy Piri piri sauce

Smoked Matcha Chicken - lemon crème fraîche

VEGETARIAN MAIN

Falafel - Red pepper pesto, crispy chickpeas (V)

Black Rice and Adzuki Beans - avocado, tomatoes and lime (VG)

Stir Fried Vegetables (VG)

From bowl to soul

SAMPLE LUNCH MENU

DAILY

Caerphilly Cheese and Leek Quiche

Fresh Baked Artisan Breads

SALAD - CHEF'S CHOICE DAILY*

Rainbow Quinoa Salad - orange segments, pomegranate, chia and golden flax seeds, mint, mixed leaves (VG)

Charred Caesar Salad - Grilled baby gem, Caesar dressing, parmesan, sourdough bites, crispy onions (V)

Cherry Tomato and Feta - fresh basil and balsamic, cracked pepper and pink peppercorns (V)

Classic Greek Salad - feta cheese, red onion, mixed Greek olives, cucumber, fresh oregano & red wine vinegar (V)

Vegetable crudite - fresh vegetable batons, sesame hummus, fried tortilla crisps, roasted sunflower seeds (VG)

Superfood Salad - kale, baby spinach, endame beans, blueberries, avocado, walnuts, yuzu dressing (VG)

* Four salads served daily. Choice of salad is at Chef's discretion

MAIN

Ginger and Lemongrass Salmon - sesame and spring onions

Crispy Mongolian Beef - black bean sauce

Hariyali chicken skewers - coriander and mint yoghurt marinade, charred limes

VEGETARIAN MAIN

Warm Moroccan Jumbo Cous Cous - saffron, apricots, lime and pistachios (VG)

Roasted Mediterranean Vegetables (V)

Fajita Spiced Potato Wedges (V)