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) OR Veggie Sausage & Baked Bean Hot Pot with Broccoli and Sweetcorn or Mixed Salad (VG)	Turkish-Style Veggie Pizza & Mixed Salad with Wedges, Broccoli and Sweetcorn (V) OR Cauliflower Cheese Pastry Bake with Wedges, Broccoli and Sweetcorn or Mixed Salad (V)
TUE	Pork/Chicken Goulash & Tagliatelle Pasta with Broccoli, Carrots and Cauliflower OR Sticky Hoi Sin Chicken & Rice with Broccoli, Carrots and Cauliflower (Halal Available)	Chickpea, Butternut & Aubergine Dhansak with Rice, Broccoli, Carrots and Cauliflower (VG) OR Plant-Based Goulash & Tagliatelle Pasta with Broccoli, Carrots and Cauliflower (VG)
WED	Roast of The Day, Roasties & Gravy with Seasonal Greens and Carrots (Halal Available) OR Cottage Pie & Gravy with Seasonal Greens and Carrots	Spiced Veggie Keema Slice & Roasties with Seasonal Greens and Carrots (V) OR Veggie Sausage, Tomato & Basil Pasta with Seasonal Greens and Carrots (VG)
THU	Chicken in Blackbean Sauce & Mixed Rice with Green Beans, Sweetcorn and Peppers OR BBQ Chilli Beef & Bean Pasta with Green Beans, Sweetcorn and Peppers (Halal Available)	Korean-Style BBQ Bulgogi & Rice with Sweetcorn, Peppers and Green Beans (VG) OR Veggie Cottage Pie with Sweetcorn, Peppers & Green Beans (VG)
FRI	Sustainably Sourced Battered Fish & Chips with Peas and Beans or Mixed Salad OR Sausage & Chips with Peas and Beans or Mixed Salad	Pizza Selection with Chips/Wedges, 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



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

V - VEGETARIAN
VG - VEGAN