

Autumn Sample Menu

Breakfast and treats available on request

1st week of the month

Salads

Whole wheat fusilli, tender stem broccoli, lemon, chilli & hazelnuts, garlic pangritata **VE**

Vegetable samosa, spiced roast roots, tomato, pomegranate & herb salad **VE**

Autumn panzanella & mozzarella, sherry dressing, tamari toasted seeds **V**

Grilled lemon & sage chicken, charred pumpkin, kale pesto pasta, heritage tomatoes, toasted pine nuts

Vietnamese seared steak, noodle salad & peanuts, herb sweet chilli lime dressing

Miso roast salmon, soba noodle salad, pickled cucumber, black garlic mayo

Sandwiches

Chipotle beans, charred corn & avocado, vegan feta wrap **VE**

Mature cheddar & beef tomato **V**

Grilled chicken, sundried tomato, basil pesto & rocket on rosemary focaccia

Pastrami, Emmental, pickle & kraut, sweet mustard mayo bagel

Prawn & crayfish Skagen brioche sub roll

2nd week of the month

Salads

Spinach & kale falafel, hummus, pickled cabbage, toasted sesame quinoa **VE**

Tamari & sesame tofu poke, chili smacked cucumber **VE**

Chilli honey feta, harissa chickpeas, lemon hummus, avocado & pickled red onion salad **V**

Lemongrass chicken & noodles, pickled carrot, fresh herbs, Nuoc cham dressing

Grilled chipotle beef rump, black bean, coriander red rice salad, charred corn salsa, lime & avocado dressing

Roast salmon & avocado, Caesar, focaccia croutes, soft boiled egg

Sandwiches

Roast squash, smoky aubergine, toasted almonds, chimichurri, tomato focaccia **VE**

Roast peppers, goat's cheese, basil pesto, rocket – ciabatta **V**

Roast turkey, jerk mayo, pineapple & coriander slaw – bap

Roast beef, caramelised onion mayo, mature cheddar, tomato chutney & rocket – malt bloomer

Smoked salmon, egg mayo, baby watercress on 1000 seed

3rd week of the month

Salads

Bang Bang tofu, vermicelli noodle salad **VE**

Couscous "Tabbouleh", stuffed vine leaves, pink pickled turnips & white bean herb salad, hummus **VE**

Spinach & ricotta tortellini with basil pesto, broccoli, tomato, pine nuts **V**

Chicken with Spanish-style butter beans, sherry vinegar & paprika mayo

Coronation chicken style salad, toasted coconut & pickled apricots

Chalk stream trout salad niçoise, soft egg, balsamic vinegar & extra virgin olive oil dressing

Sandwiches

Smoked maple tofu BLT & caramelized onion mayo – malt bloomer **VE**

Mature cheddar, fig, apple & ale chutney, butter lettuce – PDC **V**

Tandoori chicken masala, yoghurt dressing, daikon & carrot, ciabatta

Salt beef, slaw & Russian dressing on rye
Tuna, mayo, red onion, capers, mixed baby leaves, focaccia

4th week of the month

Salads

Silken tofu with scallion, shiitake mushrooms, pickled carrots, tamari & ginger dressing **VE**

Wild mushroom, cavolo nero, toasted pine nuts, truffle orzo salad **VE**

Butternut squash, chickpea salad, goats cheese, lemon, honey, cumin & chili dressing **V**

Grilled chicken cobb salad, avocado, slow roasted tomatoes, crispy bacon, soft boiled egg, charred corn & blue cheese dressing

Miso roasted rump of beef, ramen noodle salad, soya egg, miso dressing

Peppered smoked mackerel & beetroot salad, horseradish sour cream dip

Sandwiches

Smoked maple tofu BLT & caramelized onion mayo – malt bloomer **VE**

Mature cheddar, fig, apple & ale chutney, butter lettuce – PDC **V**

Tandoori chicken masala, yoghurt dressing, daikon & carrot, ciabatta

Salt beef, slaw & Russian dressing on rye
Tuna, mayo, red onion, capers, mixed baby leaves, focaccia