

SEP 2020




MENU

MONDAY


MEAT CHOICE £5.95

Korean style stir fried beef, kimchi salad, sticky rice
(gluten, soya, sulphites, fish, crustacean)

FISH CHOICE £5.95

 Baked fillet of mackerel, roasted beets and watercress, horseradish creme fraiche, crushed new season spuds
(fish, milk)

VEGGIE CHOICE £5.50

 Sicilian style penne pasta with slow cooked tomato, aubergine and chilli, shaved Padano cheese, garlic croute
(gluten, egg, milk, sulphites) *Vegan on request*

TUESDAY


MEAT CHOICE £5.95

Essex lamb Rogan Josh, lemon rice, mango chutney & Indian kachumber salad
(gluten, mustard, nuts, sulphites, soya)

FISH CHOICE £5.95


 Spanish style cod croquettes, piquillo pepper & olive salad
(fish crustaceans)

VEGGIE CHOICE £5.50

 Cauliflower & potato korma, steamed rice & homemade mini na'an
(gluten, milk, mustard, sulphites)

WEDNESDAY


MEAT CHOICE £5.95

 Mediterranean chorizo stuffed, rolled & roasted Essex pork belly, patatas bravas, tomato & jalapeno salsa
(gluten, sulphites, milk)

FISH CHOICE £5.95

Searched Vietnamese sustainable tuna salad with nuoc cham dipping sauce & sesame spiked sticky rice
(fish, sesame, soya, crustacean, gluten, sulphites)

VEGGIE CHOICE £5.50


 The Genuine vegan Phat Boy burger, brioche bun, minced onion, pickles, crisp iceberg & Phat Bouy burger sauce served with fries
(gluten, soya, sulphites, mustard)

THURSDAY

MEAT CHOICE £5.95

Mediterranean lemon and oregano chicken escalope, Greek salad, minted raita
(milk, sulphites)

FISH CHOICE £5.95

 New Orleans shrimp po' boy, remoulade sauce & pickles, Cajun slaw
(gluten, crustacean, sulphites, soya, mustard, egg)

VEGGIE CHOICE £5.50

Baked aubergine parmigiana, radicchio, endive & toasted walnut salad
(gluten, egg, milk, sulphites, nuts)



FRIDAY

MEAT CHOICE £5.95

Breaded lemon & thyme Essex pork schnitzel, sauerkraut, pickles & German style potato salad (gluten, egg, sulphites, mustard)



FISH CHOICE £5.95

Salmon fennel & dill fish cake, roasted Kentish heritage tomato sauce, rocket & shallot salad (fish, celery, soya, gluten, sulphites)



VEGGIE CHOICE £5.50

The ultimate loaded mac & cheese, crispy onions, confit tomato and basil crumb (milk, soya, celery, gluten, egg, sulphites, mustard)

SALAD BAR

DAILY CHOICES £4.95

Severn and Wye hot smoked salmon, pickled purple cabbage and zingy mango soul bowl (fish sulphites)

Hawaiian vegan poke bowl, sesame, island mooli, crunchy Kentish carrot strips (sesame soy)

Shredded Gressingham duck noodle bowl, soy, sesame, sweet chilli and julienne English sugarsnap peas (soy sesame gluten)

Oven roast sweet potato, red quinoa, health kick brown rice and falafel mezze soul bowl (gluten)

Roast Castlemead chicken, fresh anchovy fillets, homemade sourdough croutons and char-grilled little gems (fish gluten)

Mexican mariachi cactus tuna, smashed avocado, corn, red kidney beans and chipotle coriander rice (fish gluten)

COPPER POT DELI

THE BRITISH LARDER £4.20

Choose your own sandwich:

Step 1: Choose your bread:

Wholemeal or white bread or baguette, bagel, sourdough doorstep, green olive ciabbata or a wrap (gluten)

**gluten free bread available
please specify on your order**

Step 2: Choose a filling:

Honey roast Suffolk sliced ham

Herefordshire slow roast sliced beef

Clucking happy chicken with either cajun spices, curry flavours or plain

Freshwater crayfish tails, marinated in lemon, dill and freshly cracked black pepper (crustacean)

Flaked sustainable tuna, your way!

With sweetcorn, cucumber or mayonnaise (fish egg)

Severn & Wye cold smoked salmon (fish)

Mature cheddar cheese (milk)

Farmhouse brie (milk)

Foodari farm free range eggs (eggs)

Vegan heritage beetroot falafel (gluten)

Step 3: Choose a salad:

Ruby red tomatoes and cucumbers, iceberg lettuce, watercress or mixed leaf

Step 4: Choose a sauce:

mayonnaise, vegan pesto, mustard or pickles to complete your sarnie fix!

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there's more scrummy things >>>



TO FINISH

Why not treat yourself to our homemade naughty or nice selection - £2.00

- Fresh fruit selection
- Mixed green and red grapes
- Vanilla panna cotta (milk)
- Kentish strawberry cheesecake (gluten milk)
- Vegan coconut chia pudding
- Zingy and punchy lemon mousse (milk)
- Belgian dark chocolate mousse (milk soy)

SNACKS

Have a nibble - £1.20

- Lentil Chips Creamy Dill
- Lentil Chips Tomato & Basil
- Eat Real Quinoa Chilli & Lime
- Eat Real Quinoa Sour Cream & Chive
- Kent Cheese Onion Crisps
- Kent Crisps Salt & Vinegar
- Kent Crisps Smoked Chipotle Chilli
- Kent Crisps Sea Salt
- Hippeas Chickpea puffs Sweet n Smokin'
- Reeses Butter Cups threes
- Kallo thin Dark or Milk Choc
- Balocco Cocoa or Milk Wafer
- Broderick's Nutty Crunchy Caramel Munchie
- Dark Choc Honeycomb Bar
- Milk Choc Honeycomb Bar
- Danny's White Chocolate & Strawberry
- Mars / Snickers / Maltesers

DRINKS

All Drinks - £1.10

- Belu Still
- Belu Sparkling
- Coke
- Diet Coke
- Coke Zero
- Coke Cherry
- Fanta Orange
- Ginger Beer
- Sparkling Lychee
- Aloe Water
- San Pellegrino blood orange, lemon & Mint , grapefruit
- Vit Hit:
Berry, Citrus, Mandarin & Orange, Apple & Elderflower, Dragonfruit & Yuzu

SMOOTHIES & JUICES

£2.10

- Innocent Wonder Green Fruit Smoothie
- Innocent Bolt from the Blue Fruit Smoothie
- Innocent Berry Set Go Fruit Smoothie
- Freshly Squeezed OJ