

OCT 2020



**HOT FOOD
MENU**

MONDAY

**ONLY JERKIN CHICKEN,
WITH RICE AND PEAS**

(sulphites, soya, celery, gluten)

**MEDITERRANEAN FISH STEW,
CITRUS RICE**

(fish, crustacean, celery, soya, gluten,
sulphites)

**GNOCCHI WITH ROAST CHERRY TOMATO
SAUCE, BASIL**

pesto and shaved Parmesan (gluten, milk,
soya, celery, sulphites)

TUESDAY

**CUMBERLAND SAUSAGE RING, MASHED
POTATO, AND ONION GRAVY**

(gluten, sulphites, milk, mustard)

**WARM HOT SMOKED EAST COAST
SALMON NIÇOISE SALAD**

(fish, sulphites)

**VEGETABLE AND SOYA SPAGHETTI
BOLOGNAISE, PARMESAN SHAVINGS,
GARLIC BREAD**

(celery, soya, gluten, milk, sulphites)

WEDNESDAY

**CHICKEN PAD THAI RICE NOODLES,
ROASTED PEANUTS**

(fish, crustacean, egg, nuts, soya, gluten,
sulphites)

**MARYLAND STYLE CRAB CAKES, LEMON,
TOMATO & PARSLEY SALSA, CAJUN SLAW**

(crustacean, egg, gluten, sulphites, mustard)

THE GENUINE VEGAN PHAT BOY BURGER

Brioche bun, minced onion, pickles, crisp
iceberg & Phat Bouy Burger sauce served
with fries (gluten, sulphites, mustard)

THURSDAY

**BEEF AND MUSHROOM STROGANOFF,
BROWN RICE, SOUR CREAM AND PICKLES**

(milk, gluten, celery, soya, sulphites, milk)

**PAN FRIED SEABREAM, CHERRY
TOMATOES, OLIVES AND BASIL, NEW
SEASON POTATOES**

(fish, sulphites)

**SPINACH & FETA FILO ROLLS, TZATZIKI
DIP AND FRUITY MEDITERRANEAN
COUS-COUS**

(milk, gluten, egg, celery, soya, sulphites)



FRIDAY

BBQ PORK BELLY, PAPRIKA POTATOES, AND RED CABBAGE SLAW

(sulphites, soya, celery, gluten)

THANK FISH ITS FRIDAY! COD GOUJONS, CRUSHED PEAS, SKIN ON FRIES AND TARTARE SAUCE

(fish, egg, mustard, sulphites, gluten)

VEGAN ROAST PEPPER AND CHICKPEA BURRITO

(gluten, soya, sulphites, celery)

SALAD BAR

DELI BAR BOXES £4.95

Peppered Mackerel, potato & spring onion
salad, balsamic roasted beets, mix leaf

(fish, egg, mustard, sulphites)

Vegan superfood salad, edamame beans,
sesame broccoli, steamed kale, roasted tofu

(soya, sesame, sulphites)

Sliced smoked salmon, lemon, and herb
quinoa, mix leaf

(fish, gluten, sulphites)

Norfolk Chicken and crispy bacon, 3 bean
salad, avocado and sunflower seeds

(sulphites)

Vegan Asian rice noodles with coriander
and chilli, Miso roasted aubergine, soy
roasted seed mix (soya, sesame, sulphites)

Pulled ham and leek, roasted sweet potato,
mix leaf, whole grain mustard dressing

(mustard, sulphites, celery)

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
ciabatta 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

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!

Next page...

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 or Tomato & Basil

Eat Real Quinoa Chips Chilli & Lime or Sour Cream & Chive

Kent Crisps: Cheese Onion, Salt & Vinegar, Smoked Chipotle Chilli, Sea Salt

Reeses Butter Cups threes

Kallo thin Dark or Milk Choc

Balocco Cocoa or Milk Wafer

Broderick's Nutty Crunchy Caramel Munchie

Dark Choc or Milk Choc Honeycomb Bar

Danny's White Chocolate & Strawberry

Mars / Snickers

DRINKS

All Drinks - £1.10

Belu Still, or Sparkling

Coke, Diet Coke, Coke Zero, Coke Cherry, Fanta Orange

Cawston's Ginger Beer

Aloe Water

San Pellegrino: Blood Orange, Grapefruit, Lemon

Vit Hit: Berry, Citrus, Mandarin & Orange, Apple & Elderflower, Dragon fruit & Yuzu

Fentimans: Rose Lemonade or Ginger Beer

SMOOTHIES & JUICES

All 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