

LUNCH MENU

SOUP STATION

Butternut squash & rosemary soup 74 KCal  

Croutons, seeds, freshly baked breads, gluten free rolls 139 KCal

SALADS

Mixed leaves, tomato & cucumber 8 KCal 

Houmous dip 91 KCal 

Indian spiced grains, chickpeas & spinach pakora 126 KCal  

Mixed beans, charred corn & crumbled feta 50 KCal  

Dressings:

Olive oil & balsamic vinegar dressing 45 KCal

Classic French dressing 12 KCal

MAINS

Burmese lemon grass chicken skewers
on peppers & pak choi 185 KCal  

Salmon, lemon & dill fish cakes, minted yogurt 271kcal KCal 

Vegetable Jambalaya, guacamole 255 KCal  

Crispy potato wedges 116 KCal  

Green beans & mushrooms 34 KCal  

SWEET TREATS

Chocolate & salted caramel torte 245 KCal

Lemon cheesecake pot 179 KCal 

Sliced fresh fruits 16 KCal

LUNCH MENU

SOUP STATION

Celeriac & apple soup 69 KCal  

Croutons, seeds, freshly baked breads, gluten free rolls 139 KCal

SALADS

Mixed leaves, tomato & cucumber 8 KCal 

Butterbean & beetroot dip 25 KCal 

Classic Cobb salad 65 KCal  

Roasted squash, baby spinach, courgette & toasted seeds 30 KCal  

Dressings:

Olive oil & balsamic vinegar dressing 45 KCal

Classic French dressing 12 KCal

MAINS

Roasted firecracker chicken, grilled corn on the cobs 306 KCal

Herb marinated salmon 209 KCal

Burmese vegetable curry & poppadoms 233 KCal 

Rice 88 KCal

Skin-on fries 139 KCal

Tenderstem broccoli & cauliflower 19 KCal 

SWEET TREATS

Portuguese custard tarts 201 KCal

Profiteroles, chocolate drizzle 212 KCal

Sliced fresh fruits 16 KCal



Suitable for Vegans



Suitable for Vegetarians



Gluten free

LUNCH MENU

SOUP STATION

Roasted tomato & basil soup 75 KCal  
Croutons, seeds, freshly baked breads, gluten free rolls 139 KCal

SALADS

Mixed leaves, tomato & cucumber 8 KCal 
Red pepper houmous dip 95 KCal  
Mediterranean cous cous & roasted vegetables 92 KCal  
Smoked mackerel flakes, watercress & tomato 67 KCal 
Dressings:
Olive oil & balsamic vinegar dressing 45 KCal
Classic French dressing 12 KCal

MAINS

Grilled chimichurri chicken 208 KCal 
Smoked haddock kedgerree 222 KCal 
Mixed bean & vegetable chilli & rice 289 KCal  
Roasted new potatoes 234 KCal  
Savoy cabbage & peas 64 KCal  

SWEET TREATS

Chocolate brownie mousse 125 KCal 
Rhubarb & strawberry slice 9 KCal
Forest fruit fool 154 KCal 
Sliced fresh fruits 16 KCal

LUNCH MENU

SOUP STATION

Red lentil & coriander soup 120 KCal  
Croutons, seeds, freshly baked breads, gluten free rolls 139 KCal

SALADS

Mixed leaves, tomato & cucumber 8 KCal 
Mexican bean & coriander dip 30 KCal  
Quinoa, kale, brown rice, edamame beans & Burmese chicken 60 KCal 
Beetroot, chickpea, orange & rocket 45 KCal  
Dressings:
Olive oil & balsamic vinegar dressing 45 KCal
Classic French dressing 12 KCal

MAINS

Chicken meatballs, tomato sauce & crumbled feta 186 KCal 
Grilled Cornish sardines, chimichurri drizzle 254 KCal
Vegetable quesadillas & guacamole 163 KCal 
Rice 88 KCal
Roasted vegetables 25 KCal

SWEET TREATS

Biscoff cheesecake pot 167 KCal
Chocolate & cherry delice 170 KCal
Sliced fresh fruits 16 KCal 

LUNCH MENU

SOUP STATION

Mushroom & tarragon soup 62 KCal  
Croutons, seeds, freshly baked breads, gluten free rolls 139 KCal

SALADS

Mixed leaves, tomato & cucumber 8 KCal 
Houmous dip 91 KCal  
Caesar chicken salad pakora 81 KCal
Indian spiced grains, onion bhaji & mint yogurt 99 KCal  
Dressings:
Olive oil & balsamic vinegar dressing 45 KCal
Classic French dressing 12 KCal

MAINS

Spicy pulled beef chilli, rice, tortilla chips & soured cream 286 KCal
Steamed salmon, sweet chilli & spring onion dressing 223 KCal
Chimichurri cauliflower & roasted tomatoes 65 KCal  
New potatoes 62 KCal
Roasted root vegetables 50 KCal

SWEET TREATS

Vanilla cream & Kit Kat pot 177 KCal
Profiteroles, Lotus Biscoff drizzle 355 KCal
Sliced fresh fruits 16 KCal 

LUNCH MENU

SOUP STATION

Curried cauliflower soup 79 KCal  

Croutons, seeds, freshly baked breads, gluten free rolls 139 KCal

SALADS

Mixed leaves, tomato & cucumber 8 KCal 

Butterbean & beetroot dip 25 KCal 

Roast salmon niçoise 158 KCal 

Roast butternut squash, kale, carrot ribbons
& Burmese dressing 38 KCal  

Dressings:

Olive oil & balsamic vinegar dressing 45 KCal

Classic French dressing 12 KCal

MAINS

BBQ Pulled pork, guacamole, soured cream & tortilla wraps 311 KCal

Cod goujons, tartar sauce 411 KCal

Vegan meatballs, tomato sauce & rice 350 KCal 

Peas & roasted carrots 19 KCal

Sweet potato fries 293 KCal

SWEET TREATS

Forest fruit fool 154 KCal  

Tiramisu 4 KCal

Sliced fresh fruits 16 KCal 

LUNCH MENU

SOUP STATION

Carrot & sweet potato soup 74 KCal  
Croutons, seeds, freshly baked breads, gluten free rolls 139 KCal

SALADS

Mixed leaves, tomato & cucumber 8 KCal 
Red pepper houmous dip 95 KCal  
Quinoa, kale, brown rice, edamame beans & avocado 51 KCal  
Roasted chorizo, new potatoes & spring onions 98 KCal 

Dressings:

Olive oil & balsamic vinegar dressing 45 KCal
Classic French dressing 12 KCal

MAINS

Turkey & vegetable noodle stir fry 267 KCal
Grilled mackerel fillet, pak choi & soya dressing 182 KCal
Roasted butternut squash filled with peppers & basil 132 KCal  
Roasted new potatoes 234 KCal
Seasonal vegetables 33 KCal

SWEET TREATS

Vanilla cream & Oreo pot 198 KCal
Red velvet slice 9 KCal
Sliced fresh fruits 16 KCal 