

# Sample Menu

Breakfast and treats available on request

## 1<sup>st</sup> week of the month

### Salads

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

Orzo, baby spinach, charred veg salad, mozzarella, almond pesto **V**

Mexican chicken & rice salad

Spanish chorizo, red pepper & potato salad

Peppered smoked mackerel & beetroot salad, horseradish sour cream dip

## 2<sup>nd</sup> week of the month

### Salads

Smoked tofu, katsu dressing, sesame rice & cucumber salad **VE**

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

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

Coronation chicken salad, toasted coconut & pickled apricots

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

Salmon rillette, rye bread croutons, beetroot salad & pickled fennel

## 3<sup>rd</sup> 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 ravioli with basil pesto, broccoli, tomato, pine nuts **V**

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

Sticky pomegranate chicken, root veg & quinoa slaw, roasted sumac onions & tzatziki

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

## 4<sup>th</sup> week of the month

### Salads

Onion bhaji & chickpea chaat **VE**

Miso aubergine, soba noodle salad, edamame & ponzu dipping sauce **VE**

Quinoa, roast beetroot & squash, goats' cheese, toasted seeds, honey mustard dressing **V**

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

Ploughman's mature cheddar sausage roll & zero waste piccalilli

Soya & ginger calk stream trout, sriracha mayo & seaweed, sesame rice

### Sandwiches

Smoked maple tofu BLT & caramelized onion mayo on malt **VE**

Mature cheddar & beef tomato **V**

Hickory grilled chicken & purple coleslaw on white bloomer

Smoked salmon, egg mayo, baby watercress on 1000 seed

### Sandwiches

Sweet potato falafel, sriracha hummus, tahini yogurt dressing, wrap **VE**

Cheese & pickle ploughman's on malt **V**

Turkey, BBQ mayonnaise & Gouda on ciabatta

Honey roast ham, cheddar cheese & tomato

### Sandwiches

Rainbow vegetable, crushed avocado, bran wrap **VE**

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

Tuna, mayo, red onion, capers, mixed baby leaves on focaccia

BLT - bacon lettuce & tomato on malt

### Sandwiches

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

Devilled eggs & cress on malt **V**

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

Salt beef, slaw & Russian dressing on rye