

menu



working in partnership



BREAKFAST

CEREALS

- with semi skimmed milk -
Corn Flakes **V**
Bran Flakes **V**
Rice Krispies **V**
Weetabix **V**

YOGHURT

- Greek Yoghurt with
Mulled Fruit Compote **V**
Greek Honey & Granola **V**

TOASTED

- Freshly Baked Croissant, **V**
mini Danish
& Toasted Breads
served with assorted preserves,
honey or marmite

PANCAKES

- Blueberry &
Apple Pancakes **V**

PORRIDGE

- with semi skimmed milk -
Brown Sugar **V**
Mixed Berries **V**
Fruits of the Forest **V**
skinny porridge **VG**

SMOOTHIES

- Banana, Yoghurt & Honey **V**
Raspberry & Cranberry **VG**

FRUIT

- Fresh Fruit Platter **VG**
Poached Prunes in Apple Juice **VG**

COOKED BREAKFAST

FISH

- Buttered Kippers

EGGS

- Poached, Scrambled,
Boiled or Fried **V**

SIDES

- Grilled Tomato **VG**
Sautéed Mushrooms **V**
Baked Beans **V**
Grilled Bacon
Pork Sausage

LUNCH

SOUP

Soup of the Day with Crusty Bread

Bacon, lettuce and tomato bagel

Crushed Avocado
- on gluten free toast or toasted sourdough **VG**

Bubble & Squeak Cake with poached egg & crispy bacon

Falafel & Spinach Salad **V** with yoghurt & tahini dip

Spring Onion, Chive and Two Cheese Tart **V**

Grilled Chicken & Cous Cous with chick pea salad

Mixed Grain, Tomato, Pepper & Basil Salad **VG**

JACKET POTATO

- served with salad -
Cheddar Cheese **V**
Baked Beans **V**
Tuna Mayonnaise

OMELETTES

- served with salad -
Mushroom **V**
Ham & Cheese
Roasted Vegetables **V**

FILLED BREADS

Select from sour dough
baguette, granary, white, soft
tortilla wrap
& gluten free bread:

- Egg Mayonnaise & Cress **V**
Ham, Rocket & Dijon Mustard
Cheddar Cheese & Pickle **V**
Chicken Spinach & Bacon
Tuna & Cucumber
Brie Bacon & Cranberry
Chargrilled Peppers
& Mozzarella **V**
Marinated Garlic & Thyme **VG**
Oumph & Greek salad

DINNER

MAIN COURSES

Grilled Chicken & Lentil Salad
with roasted courgette, new potatoes & pesto dressing

Grilled Plaice Fillet
on a potato cake with spinach & chive sauce

Jamaican Jerk Chicken
with rice & pea cakes & slaw

Deep Fried Breaded Haddock
with chips & mushy peas

Traditional Cottage Pie
with a crispy potato topping & mixed vegetables
Glazed Pork Loin Steak with roasted peppers and
sweet potatoes

Wild Mushroom Risotto **V**
with field mushrooms, spinach & thyme

Sweet Potato & Chick Pea Tagine **VG** with couscous

Marinated Oumph Stir Fry **VG**
Vermicelli noodles & stir fried vegetables with sesame & soy dressing

PASTA

Fusilli with:

Tomato & Herb Sauce **V**

Red Pesto Chicken & Peppers

Roasted Red Pepper & Basil Pasta **VG**

SALADS

- add your choice of grill to any salad -

Simple Green Salad **VG** - mixed leaves with
cucumber & spring onion

Greek Salad **V** - mixed salad of feta, red onion,
black olives, lemon & mixed leaves

Classic Caesar Salad - crisp Cos lettuce with baked
croutons, parmesan cheese & a light Caesar dressing

FROM THE GRILL

- please choose up to two sides -

Grilled Breast of Chicken

Grilled Plaice Fillet

Grilled Pork Loin Chop

Halloumi **V** with Lime
& Capers Vinaigrette

Grilled Vegetable Skewer **VG**
with a herb dressing

SIDES

Buttered Mashed
Potato **V**

Roasted
Potatoes **V**

Mange tout **VG**

Plain Jacket
Potato **V**

Chips **VG**

Glazed Carrots **V**

Mixed Leaf Salad **VG**

sauté courgettes **VG**

SAUCES

Chive Cream, Peppercorn or Red Wine sauce

DESSERTS

Apple Crumble with Custard **V**

Warm Chocolate Brownie
with Ice Cream **V**

Classic Strawberry Trifle **V**
Jelly & Ice Cream **V**

Selection of Ice Creams
with a Tuile Biscuit **V**

Greek Yoghurt &
Strawberry Confit **V**

Selection of British
Cheese & Biscuits **V**

Chocolate Orange Mousse **V**

Fresh Fruit Platter **V**

V Vegetarian
VG Vegan

Please ask your host for information on dishes that are made with
NGCI, non-gluten containing ingredients.

We understand that food allergies can present a serious concern for some of
our customers. If you would like information on the allergen content of our
foods, please speak to a member of staff who will be happy to assist.