

menu



working in partnership



BREAKFAST

CEREALS

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

Gluten-free cereals available,
please ask your host.

YOGHURT

Greek Yoghurt with
Mulled Fruit Compote

TOASTED

Freshly Baked Croissant,
Mini Danish & Toasted Breads
served with assorted preserves,
honey or Marmite

PANCAKES

Blueberry &
Apple Pancakes

PORRIDGE

- with semi-skimmed milk -
Brown Sugar
Mixed Berries
Fruits of the Forest
Skinny Porridge

SMOOTHIES

Banana, Yoghurt & Honey
Raspberry & Cranberry

FRUIT

Fresh Fruit Platter
Poached Prunes in Apple Juice

COOKED BREAKFAST

FISH

Buttered Kippers

EGGS

Poached, Scrambled,
Boiled or Fried

SIDES

Grilled Tomato
Sautéed Mushrooms
Baked Beans
Grilled Bacon
Pork Sausage

LUNCH

SOUP

Soup of the Day with Crusty Bread

Crushed Avocado on gluten-free toast or toasted
sourdough

Bubble & Squeak Cake with poached egg & crispy bacon

Creamy Stilton & Broccoli Tart with rocket salad

Grilled Chicken & Cous cous with chick-pea salad

Wheatberry, Beetroot, Sweet Potato & Cous cous

JACKET POTATO

- served with salad -
Cheddar Cheese
Baked Beans
Tuna Mayonnaise

OMELETTES

- served with salad -
Mushroom
Ham & Cheese
Roasted Vegetables

FILLED BREADS

Select from sourdough
baguette, granary, white, soft
tortilla wrap and gluten-free
bread:

Egg Mayonnaise & Cress
Ham, Rocket & Dijon Mustard
Cheddar Cheese & Pickle
Chicken, Spinach & Bacon
Tuna & Cucumber
Brie, Bacon & Cranberry
Chargrilled Peppers &
Mozzarella
Avocado Chilli & Pickled Slaw
Khobez Wrap

DINNER

MAIN COURSES

Grilled Dijon & Cranberry Chicken Breast
with crushed new potatoes, smooth carrot puree &
savoy cabbage

Herb-Crusted Plaice Fillet
on butternut squash puree & colcannon potato

Thai Green Chicken Curry
with fresh coriander & steamed rice

Deep Fried Breaded Haddock
with chips & mushy peas

Traditional Cottage Pie
with a crispy potato topping & mixed vegetables

Lemon & Rosemary Pork Loin Steak
with roasted peppers & sweet potatoes

Halloumi & Kale Salad
with roasted cauliflower, butternut squash puree,
sautéed red onions & cranberries

Sweet Potato & Chick-pea Tagine with cous cous

Smoked Teriyaki Tofu
braised mushroom rice with teriyaki tofu, spring onions
& lemon zest

PASTA

Tagliatelle with:

Beef Bolognese

Creamy Mustard Chicken

Chunky Minestrone

SALADS

- add your choice of grill to any salad -

Simple Green Salad - mixed leaves with
cucumber & spring onion

Greek Salad - 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 -

Breast of Chicken

Plaice Fillet

Pork Loin Chop

Halloumi with lime

Vegetable Skewer with a
herb dressing

& caper vinaigrette

Smoked Mackerel Fillet

SIDES

Buttered Mashed
Potato

Roast
Potatoes

Roasted
Butternut Squash

Plain Jacket
Potato

Chips

Glazed Carrots

Mixed Leaf Salad

Sautéed Kale

SAUCES

Chive Cream, Peppercorn or Red Wine sauce

DESSERTS

Peach Crumble with custard

Sticky Toffee Pudding with
custard

Lemon Posset

Jelly & Ice Cream

Selection of Ice Cream

Greek Yoghurt with
mulled fruit compote

Selection of British
Cheese & Biscuits

Panna Cotta with fruits of the
forest

Fresh Fruit Platter

Vegetarian
 Vegan

Please ask your host for information on dishes that are made with
NGCI (no 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.