

FEELING PECKISH?

NIBBLES

- V **SKIN ON FRIES** (195 kcals) **£4.50**
- V **ONION RINGS / ONION BHAJIS** (255 kcals) **£4.50**
- V **GARLIC BREAD / DOUGH BALLS** (320 kcals) **£4.50**
- CRISPY HALLOUMI FRIES** (548 kcals) **£6.95**
- GF **LOADED NACHOS** **£6.95**
Melted cheese, sour cream, guacamole and salsa. (690 kcal)
- V **HOUMOUS AND OLIVES** **£6.95**
With a warm mezzaluna bread. (529 kcal)
- V **BEETROOT FALAFELS AND HOUMOUS** **£6.95**
With a warm mezzaluna bread. (559 kcal)

WHEN HUNGER STRIKES

BOWLS

- V **CHICKEN MAKHANI** **£14.95**
Marinated chicken in a rich curry sauce, basmati rice, mango chutney and warm naan bread. (1028 kcals)
GFA *Gluten free option available*
- ve **CHICKPEA, SWEET POTATO AND SPINACH CURRY** **£14.95**
Delicately spiced vegan curry, basmati rice, mango chutney and warm naan bread. (918 kcals)
GFA *Gluten free option available*
- ve **SRI LANKAN VEGAN CURRY** **£14.95**
Sri Lankan inspired roasted butternut squash, aubergines and spinach in curried sauce, with an array of spices. (856 kcals)
- V **CHILLI CON CARNE** **£14.95**
Basmati rice, tortilla chips and soured cream. (624 kcals)
- V **<500 SINGAPORE NOODLES** **£13.95**
Egg noodles with stir-fried vegetables. (490 kcals)

PIZZA & BURGER

- V **MARGHERITA PIZZA** **£14.50**
Stonebaked pizza base with a garlic and herb tomato sauce and mozzarella (905 kcals)
- V **SALAMI PIZZA** **£15.50**
Stonebaked pizza base with a garlic and herb tomato sauce, spicy salami mozzarella. (934 kcals)
- BBQ CHICKEN PIZZA** **£15.50**
Stonebaked pizza base with a garlic, herb and BBQ sauce Chicken, red onion mozzarella. (984 kcals)
- V **SPICY PEPPERONI PIZZA** **£15.50**
Stonebaked pizza base with a garlic and herb tomato sauce, pepperoni and mozzarella (967 kcals)
- ALL AMERICAN BURGER** **£16.95**
Beef burger topped with bacon & cheese in a brioche bun loaded with relish, pickles, lettuce and tomato. Served with chips and slaw. (1125 kcals)

CAFÉ CLASSICS



- V **TODAY'S SOUP** **£6.95**
Ask for today's flavour, served with rustic bread and butter. (326 kcal)
GFA *Gluten free option available*
- ITALIAN TWIST** **£6.75**
Oven baked Italian twist, choose from:
V Margherita (410 kcal) Pepperoni (426 kcal)
- V **NAAN BHAJI WRAP** **£12.95**
Onion bhajis, cucumber, mango yogurt and crisp lettuce. (480 kcal)
- NAAN CHICKEN WRAP** **£14.95**
Crispy chicken, mayonnaise, mango chutney and crisp lettuce. (633 kcal)

- ve GF **<500 RAINBOW SALAD** **£11.95**
Colourful grain salad with tomatoes, cucumber curly kale soybeans red onion, quinoa, brown rice.
- CHICKEN RAINBOW SALAD** **£14.95**

- V **MAC & CHEESE** **£13.95**
Served with garlic dough balls. (626 kcal)
- LOADED MAC & CHEESE** **£15.95**
Topped with pepperoni and crisp onion, served with garlic dough balls. (1043 kcal)

- TRADITIONAL BEEF LASAGNE** **£16.50**
Served with garlic bread and house salad, (628 kcal)

- SPINACH AND RICOTTA CANNELLONI** **£14.50**
Served with garlic dough balls and house salad (698 kcal)
- BBQ RIBS** **£18.95**
Served with jacket potato, corn and slaw (1393 kcal)

SWEET INDULGENCE

- ve **VEGAN JUDE'S ICE CREAM** **£3.95**
Vanilla vegan 100ml (132 kcal)
- BOWL OF ICE CREAM** **£5.95**
Chose of 3 scoops
Please ask for today's flavours. (352 kcal)
- WARM SALTED CARAMEL BROWNIE** **£7.50**
Served with vanilla ice cream. (655 kcal)
- STICKY TOFFEE PUDDING** **£7.50**
Served with vanilla ice cream. (500 kcal)



EXPRESS CAFÉ & BAR

ORDER AT THE BAR OR RECEPTION. **ANYTIME.**

GOT TO BE SOMEWHERE?

We can package your food to go.

- V Suitable for vegetarians ve Suitable for vegans
- VEA Vegan option available ⌚ Available 24 hours per day
- GF Gluten Free GFA Gluten Free option available
- <500 Under 500 kcal

FOOD ALLERGIES & INTOLERANCES:

Before you order your food and drinks please speak to our staff if you would like to know about our ingredients, we cannot guarantee that any food or beverage item sold is free from traces of allergens Menu descriptions may not include all ingredients and alcohol may be present in some dishes. Adults need round 2000 kcal a day.

