




# FEELING PECKISH?

## NIBBLES

### CHICKEN GYOZA £8.00


 Five delicious & delicate Japanese dumplings filled with chicken, herbs & spices, and topped with a light soy sauce. (306 kcal)

### STICKY CHICKEN WINGS £9.00


A generous portion of succulent chicken wings drizzled with a delicious honey & mustard sauce. (537 kcal)

## RUSH HOUR

### CARROT & LENTIL SOUP £8.00


 A delicious and thick sweet soup with a hint of lentil earthiness. (245 kcal)

### CHICKEN & NOODLE SOUP £8.00

 A heartwarming classic soup that is full of flavour. (153 kcal)

# WHEN HUNGER STRIKES

### ROAST VEGETABLES, QUINOA & BARLEY £12.00

 Nutty quinoa & barley with green beans, edamame beans, sweet potato, aubergine and red pepper in a light soy sauce. (386 kcal)

### PASTA BOLOGNESE £12.00

 Hearty slow-cooked beef ragu sauce over pasta. A timeless classic. (479 kcal)


### LAMB STEW WITH COUS COUS £12.00

A hearty lamb stew with vegetables on a bed of seasoned cous cous. (537 kcal)

### CHICKEN CURRY WITH BASMATI RICE £12.00

 A creamy Madras-inspired sauce with succulent chicken and light Basmati rice. (386 kcal)

### GREEN THAI CURRY WITH BROWN RICE £12.00

 A mild and flavourful Thai curry nestled on a bed of nutty brown rice. A lovely vegetarian dish. (352 kcal)

### STIR-FRY VEGETABLES WITH NOODLES £12.00

 A vegan dish of Asian noodles and stir-fried vegetables (378 kcal)



## EXPRESS CAFE & BAR

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

### GOT TO BE SOMEWHERE?

We can package your food to go

 Suitable for vegetarians  Suitable for vegans  
 Vegan option available  Available 24 hours per day  
 Gluten Free  Gluten free option available  
 Under 500 kcal

### FOOD ALLERGIES & INTOLERANCES:

We welcome enquiries from our guests who wish to know whether any items contain particular ingredients.

Adults need around 2000 kcal a day.