

## LESS WAITING MORE DOING





### NIBBLES

♦ CT.00 Melted cheese, sour cream, guacamole, salsa and Jalapeños. (428 kcal)

Add pulled pork for £2.50 (576 kcal)

**♥ CRISPY MOZZARELLA FRIES** £7.00 Served with mango yogurt. (512 kcal)

**V** NGC SPICY VEGETABLE PAKORAS £7.00

Served with mango chutney. (178 kcal)

**© HOT BUFFALO WINGS** £7.00 Served with salsa. (202 kcal per 100g)

FIESTA CHICKEN TENDERS £7.00
Served with a sour cream

Served with a sour cream and chive dip. (589 kcal)

#### SWEET INDULGENCE

Choose from Vegan Chocolate or Vanilla. (113 kcal)  Vegan option available	£5.50
NGC STICKY TOFFEE PUDDING With custard or ice cream. (744 kcal)	£8.00
SALTED CARAMEL BROWNIE Served with ice cream. (579 kcal)	£8.00
CHOCOLATE FONDANT With custard or ice cream. (562 kcal)	£7.00

## RUSH HOUR

Served with nachos, salad

V Tomato, Pesto and Mozzarella (603 kcal)

NAM & CHEESE TOASTIE

♥ V FOUR CHEESE &
ONION TOASTIE

£7.00

### **CAFÉ** CLASSICS

**TODAYS SOUP** 

Choose from Mushroom (V)
Tomato and Red Pepper (GF)

STEAK AND ALE PIE

Served with mashed potato, green vegetables and gravy. (1484 kcal)

**V** MAC N CHEESE

Served with salad and garlion bread. (934 kcal)

LOADED MAC'N'CHEESE

With pepperoni served with s and garlic bread. (934 kcal)

**BEEF LASAGNE** 

Served with salad and garlic bread. (571 kcal)

NGCI BAKED JACKET (242 kcal) £6.50
POTATO

Served with side salad and a choice of either cheese (416 kcal), beans (170 kcal) or tuna (342 kcal)

Add an extra topping for £1

### WHEN HUNGER STRIKES



£15.50

£14.50

£15.50

#### BOWIS

CHICKEN MAKHANI

Marinated chicken in a rich curry sauce, rice and naan bread. (1028 kcal)

NGCI CHILLI CON CARNE

Basmati rice, tortilla chips and sour cream. (628 kcal)

**♥ SINGAPORE VEGETABLE NOODLES** £13.00

Served with poppadom and chilli sauce. (493 kcal) Contains nuts.

© CHICKPEA, SWEET POTATO & SPINACH CURRY

With crispy chicken. (578 kcals)

Served with rice and mezzaluna bread. (1001 kcal)

CAESAR SALAD

£12.50

£14.00

£14.00

£13.00

### PIZZA & BURGERS

MARGHERITA PIZZA (998 kcal) £15.00

O PEPPERONI PIZZA (1698 kcal)

MEAT FEAST PIZZA (1711 kcal) £16.00

EXTRA TOPPINGS £2.00 EACH

Chicken / ham / pepperoni / bacon

Tomato / pepper / onion / mushroom / olives

BACON & CHEESE BURGER £14.50

Served with fries and coleslaw. (1059 kcal)

W SPINACH & FALAFEL BURGER

Served with fries and relish. (675 kcals)

**CHICKEN BURGER** 

Served with fries and coleslaw. (936 kcal)

# EXTRA

#### SIDES

(S) V № SKIN-ON FRIES (238 kcal) £4

(S) (V) (NGCI) SWEET POTATO FRIES (200 kcal) £4.00

🕓 œ MIXED SALAD

WITH DRESSING (163 kcal) £4.00

O V ONION RINGS (204 kcal)

(S) V NGCI COLESLAW (152 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 № Suitable for vegans

VEA Vegan option available Available 24 hours per day

NGCI Non-Gluten Containing Ingredients

<500 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.

