DAILY MENU

Chunky chicken, sweetcorn, ginger and coconut soup

MAINS

Slow-cooked chilli and garlic beef brisket Cauliflower, spinach and chickpea curry (v) with Braised basmati rice, peas, corn and coriander (v)

SALADS

Baby spinach, avocado, celery, baby kale (v) Inca tomato salad, basil, mint, courgette, pickled shallot rings (v) Feta, lentils, roasted beetroot (v) with Low fat yoghurt, parsley and lime dressing (v)

Roasted tomato vinaigrette (v)

SANDWICHES

Chicken, bacon and mayonnaise oatmeal wrap Cajun-roasted tomato panini (v) Crayfish, lemon mayonnaise and mixed leaves on malted wheat

DESSERTS

Mini cheesecakes Apricot flapjack Watermelon, honeydew melon, mint and demerara Apples, pears, oranges and bananas

DAILY MENU

Tomato, bell pepper, borlotti bean and kale minestrone (v)

MAINS

Harissa-spiced chicken, grilled peppers Quorn tomato, courgette and tarragon bake $\left(\nu\right)$

with

Wholegrain and wild rice, roasted red onions, field mushrooms (v)

SALADS

Turmeric-roasted Anya potatoes, chicory, tenderstem broccoli (v) Basil bocconcini, beef tomatoes, Greek olives, rocket (v) Warm spiced-roasted cauliflower, chickpeas, mint, pomegranate (v) with

Low fat yoghurt, yuzu and coriander dressing (v) Wholegrain mustard vinaigrette (v)

SANDWICHES

The New Yorker:

pastrami, Emmental, gherkin and mustard mayonnaise on malted wheat Feta salad and mint yoghurt on Arctic bread (v) Cajun tuna, sweetcorn, peppers and mixed leaves on flatbread

DESSERTS

Chocolate and orange pot Chocolate and coconut flapjack Pineapple carpaccio, mango and lime Apples, pears, oranges and bananas

DAILY MENU

Smoked haddock, potato and sweetcorn chowder, baby spinach and chives

MAINS

Grilled mackerel, fennel, orange, radish Feta-glazed Quorn, tomato, courgette and aubergine moussaka (v) with Giant Israeli couscous, coriander, roasted courgette, red onion (v)

SALADS

Pecorino, grilled pear, celery, avocado, rocket (v) Heritage tomatoes, cider vinegar, Dijon mustard (v) Grilled corn, charred spring onions, butter beans, sundried tomatoes, pecans (v) with

Low fat yoghurt, mint and cucumber dressing (v) Tomato vinaigrette (v)

SANDWICHES

Classic BLT on malted wheat Baba ganoush, chickpeas, peppers and spinach on tomato bread (v) Prawn mayonnaise oatmeal wrap

DESSERTS

Tiramisu Cranberry and pistachio granola bar Honeydew melon, strawberries and black pepper Apples, pears, oranges and bananas

DAILY MENU

Chunky roast tomato, bell pepper and basil soup (v)

MAINS

Moroccan-spiced lamb and aubergine stew Warm goat's cheese, roasted red onion and walnut frittata (v) with Raisin, mint and pomegranate couscous (v)

SALADS

Avocado, watercress, butter lettuce (v) Heritage tomatoes, Romano peppers, pomegranate (v) Cannellini beans, artichokes, house-cured tomatoes, olives, basil (v) with Low fat yoghurt, honey and ginger dressing (v)

Orange and basil vinaigrette (v)

SANDWICHES

Smoked ham salad on softgrain

Cream cheese, marinated peppers and black olives on herb focaccia (v) Tuna mayonnaise, cucumber and parsley on malted wheat

DESSERTS

Milk chocolate panna cotta Banana flapjack Watermelon, honeydew melon, mint and demerara Apples, pears, oranges and bananas

UPGRADED BREAK MENU

Choose three from the below for £5 per person:

Principal bacon butty Two rashers of Franconian bacon Netherend Farm salted butter Scottish morning roll

Bircher muesli and granola pot

Fresh fruit juice and breakfast smoothie bar

Selection of pastries

Double chocolate and hazelnut cookies

Energiser smoothie bar

Popcorn

Mini afternoon tea

Food allergies and intolerances: we welcome enquiries from guests who wish to know whether dishes contain particular ingredients. Please note: before placing your order please inform a member of the team if anyone in your party has a food allergy. Includes VAT.