

SALADS

1. MIXED GREEN BEAN AND QUINOA SALAD (V)

edamame bean, garden pea, sugar snap, mange tout, green bean, quinoa and parsley with a lemon, agave and olive oil dressing

(SULPHITE/SOYA)

2. POMEGRANATE AND PISTACHIO, BULGUR WHEAT TABBOULEH SALAD (VG)

bulgur, cucumber, radish, tomato, spring onion, mint, parsley, pistachio, pomegranate with a lemon, sumac, pomegranate and olive oil dressing

(SULPHITE/NUT/GLUTEN)

3. RED SLAW SALAD WITH TOASTED WALNUTS (VG)

red cabbage, white cabbage, carrot, apple, parsley and walnut with an orange, mustard, apple cider vinegar, agave and olive oil dressing

(SULPHITE/NUT/MUSTARD)

STEW

VEGETABLE CHILLI (VG)

red onion, garlic, garam masala, red chilli, smoked paprika, carrot, sweet potato, mixed peppers, red kidney beans, tomato puree, chopped tomatoes, stock

(CELERY/SOYA/MUSTARD)

SOUP

POTATO AND LEEK SOUP (VG)

onion, garlic, celery, carrot, leek, potato, rosemary, stock

(CELERY/SOYA)