

Sample menu

Bowl food

(minimum of three bowls per person)

Hot

Meat

Chicken Tikka Masala with pilau rice
Homemade beef chilli with white rice
Pork sausage and fennel ragu with Orecchiette pasta
Sweet and sour chicken with rice and shredded onion

Fish

Flaked curried salmon with pilau rice
Baja fish tacos
Baked and flaked cod with a rustic tomato and olive sauce with herbed, diced potatoes
Thai green fish curry with egg fried rice

Vegetarian / Vegan

Keralan vegetable and lentil curry with white rice
Chilli sin carne with white rice
Italian herbed, crispy potatoes with roasted vegetables and a spiced Arrabbiata sauce
Stir fried vegetables in black bean sauce with noodles

Cold

Meat

Grilled chicken breast with a little gem Caesar salad
Grilled Piri Piri chicken with cous cous salad

Fish

Flaked poached salmon on a French bean and pomegranate salad
Tuna Niçoise salad

Vegetarian / Vegan

Black rice, quinoa and broccoli salad
Greek salad



Menu allergy info disclaimer

If you require information regarding the presence of allergens in any of our food or drink please ask a member of our team before placing your order even if you have dined with us previously. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present, therefore we cannot guarantee that any food item is completely free from allergens. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Full allergen information on the ingredients in the food we serve is available upon request - please speak to a member of the team for assistance when ordering. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Please note that all our fish may contain small bones. All images are for illustration purposes only. Some products may contain nuts, please seek advice from a team member. All items on this menu are subject to availability. Prices include VAT at the current rate. To the best of our knowledge, none of the food we sell on our menus contains GM soya or maize ingredients.