

Breakfast

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	Pork Sausages (8.9g) Boiled eggs (0g) Grilled tomato (3g) Baked beans (15g) Potato waffles (24g)	Grilled back bacon (0g) Scrambled Eggs (2g) Sauteed mushrooms (0.3g) Baked beans (15g) Hash browns (23g)	Pork Sausages (8.9g) Poached Eggs (0g) Plum tomatoes (3.8g) Baked beans (15g) Tater tots (22g)	Grilled back bacon (0g) Boiled Eggs (0g) Sauteed mushrooms (0.5g) Baked beans (15g) Waffle Fries (24g)	Pork Sausages (8.9g) Scrambled eggs (2g) Plum tomatoes (3.8g) Baked beans (15g) Tater tots (22g)	Grilled back bacon (0g) Boiled eggs (0g) Roasted flat mushrooms (2.6g) Baked beans (15g) Hash browns (23g)	Pork sausages (8.9g) Fried Eggs (0g) Sauteed spinach and mushrooms (2.3g) Baked beans (15g) Tater tots (22g)
DAILY SPECIAL	Belgian waffles (58g) with berry compote (34.5g)	Omelette (5.9g) bar with selection of fillings			French toast (53g) served with - Maple Syrup (67g), Chocolate sauce (48g), bananas(20g), berry compote(34.5g), crispy streaky bacon (0g)	Shakshuka - Tomato sauce with peppers, onions (5.4g), fried eggs (0g) Flatbread (64g) and greek yoghurt (3.8g)	Cheese and ham croque monsieur (17g) Cheese croque monsieur (21g)
WEEKLY SPECIAL	Bagel bar White (50g) and whole grain (47g) bagels with – Smoked salmon (0g), Salami (2g), Ham (0.7g), Cream cheese (4.9g), Cottage cheese (4.2g), Emmental cheese (0g), Avocado (1.9g), Tomatoes (3g), Boiled Eggs (0g)						
DAILY BREAKFAST ITEMS	Croissants (35g) Pain au chocolat (37.1g) Cinnamon swirl (31g) Hydration station Yoghurt station Sliced fruits / whole fruits Porridge with selection of toppings Selection of cereals and granola						

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HOT ITEMS	Pork Sausages (8.9g) Boiled eggs (0g) Grilled tomato (3g) Baked beans (15g) Potato waffles (24g)	Grilled back bacon (0g) Scrambled Eggs (2g) Sauteed mushrooms (0.3g) Baked beans (15g) Hash browns (23g)	Pork Sausages (8.9g) Poached Eggs (0g) Plum tomatoes (3.8g) Baked beans (15g) Tater tots (22g)	Grilled back bacon (0g) Boiled Eggs (0g) Sauteed mushrooms (0.5g) Baked beans (15g) Waffle Fries (24g)	Pork Sausages (8.9g) Scrambled eggs (2g) Plum tomatoes (3.8g) Baked beans (15g) Tater tots (22g)	Grilled back bacon (0g) Boiled eggs (0g) Roasted flat mushrooms (2.6g) Baked beans (15g) Hash browns (23g)	Pork sausages (8.9g) Fried Eggs (0g) Sauteed spinach and mushrooms (2.3g) Baked beans (15g) Tater tots (22g)
DAILY SPECIAL	Stuffed croissants with ham and cheese (22g) or cheese and tomato (22g)	Omelette (5.9g) bar with selection of fillings			Chorizo, roasted red onion, peppers and potato hash (5.8g) with crispy fried eggs (0g) and spring onions	Breakfast tacos - Crispy taco shell (57g) with guacamole (3.9g), tomato salsa (9.3g), pickled onions (14g), coriander and crispy bacon (0g)	English muffin (43g) with sausage patty (9.5g), fried egg (0g) and cheese (0g) English muffin (43g) with fried egg (0g) and cheese(0g)
WEEKLY SPECIAL	Continental Breakfast bar Selection of breads, selection of cured meats, Emmental cheese (0g), Brie(2g), Cottage cheese (4.2g), Boiled eggs(0g), Mini blueberry muffins (48g)						
DAILY BREAKFAST ITEMS	Croissants (35g) Pain au chocolat (37.1g) Cinnamon swirl (31g) Hydration station Yoghurt station Sliced fruits / whole fruits Porridge with selection of toppings Selection of cereals and granola						

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT ITEMS	<p>Pork Sausages (8.9g)</p> <p>Boiled eggs (0g)</p> <p>Grilled tomato (3g)</p> <p>Baked beans (15g)</p> <p>Potato waffles (24g)</p>	<p>Grilled back bacon (0g)</p> <p>Scrambled Eggs (2g)</p> <p>Sauteed mushrooms (0.3g)</p> <p>Baked beans (15g)</p> <p>Hash browns (23g)</p>	<p>Pork Sausages (8.9g)</p> <p>Poached Eggs (0g)</p> <p>Plum tomatoes (3.8g)</p> <p>Baked beans (15g)</p> <p>Tater tots (22g)</p>	<p>Grilled back bacon (0g)</p> <p>Boiled Eggs (0g)</p> <p>Sauteed mushrooms (0.5g)</p> <p>Baked beans (15g)</p> <p>Waffle Fries (24g)</p>	<p>Pork Sausages (8.9g)</p> <p>Scrambled eggs (2g)</p> <p>Plum tomatoes (3.8g)</p> <p>Baked beans (15g)</p> <p>Herby diced potatoes (19g)</p>	<p>Grilled back bacon (0g)</p> <p>Boiled eggs (0g)</p> <p>Roasted flat mushrooms (2.6g)</p> <p>Baked beans (15g)</p> <p>Hash browns (23g)</p>	<p>Pork sausages (8.9g)</p> <p>Fried Eggs (0g)</p> <p>Sauteed spinach and mushrooms (2.3g)</p> <p>Baked beans (15g)</p> <p>Tater tots (22g)</p>
DAILY SPECIAL	<p>Bagels (50g) with cream cheese (4.8g) and smoked salmon (0g)</p>	<p>Omelette (5.9g) bar with selection of fillings</p>			<p>French toast (53g) served with -</p> <p>Maple Syrup (67g), Chocolate sauce (48g), bananas (20g), berry compote(34.5g), crispy streaky bacon</p>	<p>Nasi Lemak - Coconut rice (29.3g) with crispy fried eggs (0g), pickled cucumber and chilli sauce</p>	<p>Buttermilk pancakes (39.6g) with crispy streaky bacon (0g), fried egg (0g) and maple syrup (67g)</p> <p>Buttermilk pancake (39.6g with avocado (1.9g), sun blushed tomatoes (10.7g) and fried egg (0g)</p>
WEEKLY SPECIAL	<p>Pancake bar</p> <p>American pancakes (36.9g) or crepes (34.8g) with -</p> <p>Berry compote (34.5g), sliced bananas (20g), chocolate spread (54g), syrup (79g), Vanilla cream (4.6g), Avocado (1.9g), Seeds (15.2g)</p>						
DAILY BREAKFAST ITEMS	<p>Croissants (35g) Pain au chocolat (37.1g) Cinnamon swirl (31g) Hydration station</p> <p>Yoghurt station</p> <p>Sliced fruits / whole fruits</p> <p>Porridge with selection of toppings</p> <p>Selection of cereals and granola</p>						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the day with homemade bread					
MAIN COURSE 1	Braised beef lasagne (15.2g)	Filipino pork adobo (3.5g)	Peri peri chicken with spicy citrus mayonnaise (0g)	Chicken, leek and sweetcorn pie with parmesan puff pastry (6.8g)	Battered fish (10g) with lemon and tartar sauce (21g)	Spud society Jacket potatoes (51g) or sweet jackets (28g) loaded with – Pulled chilli beef brisket (6.2g) with provolone (0.6g) and chimichurri (6.3g) Or Carolina BBQ sticky chicken (9g) Or Pea and fava bean keema curry (6.5g), raita (7.8g), poppadom crumb (5.8g)
MAIN COURSE 2	Frutti di Mare Tomato seafood spaghetti with tomato and basil (20g)	Chicken tocino (16g) with papaya salsa (6g)	Peri peri king prawns with lemon, garlic and herb sauce (0g) Spicy bean burger (14g) with baby gem (0g), beef tomato (3g), green jalapeno salsa.	Pork ribeye steak (0g) with peppercorn sauce	Bocadillo de calamari (18g) with squid ink aioli (2.4g)	
MEAT FREE	Mushroom, spinach and lentil lasagne (12g)	Okoy - Filipino vegetable fritter (21g) with banana ketchup	Bun (51g)	Butter Bean Leek & Sweetcorn Pie with parmesan puff pastry (18g)	Battered jumbo plant based sausage (30g)	
PLANT BASED	BBQ Tofu Gorditas - Fried flatbread (29g) with sriracha tofu (4.8g), tomato salsa (9.9g), charred corn (9.9g), fried plantain (27g) Mexican slaw (6g)	Whole grain penne pasta (31g) with roasted asparagus, peas, spinach and basil, lemon cream sauce and feta (2.2g) Garlic ciabatta (52g)	Gochujang mac and cheese (19.8g) with crispy fried shiitake mushrooms, crispy onions, spring onions and coriander	Chilli black bean chimichanga with plant based cheese sauce, crispy fried jalapenos, spring onion and coriander (23g) Mexican style rice (30.7g)	Chickpea burger (17g) with tomatoes, lettuce, red onions and burger sauce (8.3g) Chips (36g) Coleslaw (6.2g)	Toppings Seeded dukkah (5.7g) Crispy onions (31g) Svaoury granola Mixed seeds (16g) Pesto (8.1g) Avocado (1.9g) Romesco sauce Cottage cheese (4.2g) Grated cheese (1.4g)
SIDES	Garlic bread(39g) Steamed peas (10g) Roasted squash with garlic and oregano (7.4g)	Garlic fried rice (33.3g) Urap- Stir fried green beans, beansprouts and cabbage with coconut (4g) Roasted aubergine with toasted chilli sambal (2.8g)	Savoury rice (30.7g) Charred corn on the cob(7.6g) Roasted broccoli with lemon and garlic oil (3.1g)	Sauteed new potatoes (17g) with caramelised onions (11.2g) Thyme roast carrots (6g) Peas (10g)	Chunky chips (36g) Mushy peas (14g) Peas (10g)	Sides Roast vegetables (4.6g) Green beans (5g)
JACKET/PASTA BAR	Pasta (33g), Jacket potatoes (51g) and baked sweet potatoes (28g) Baked beans (15g), Tomato sauce (6.5g), Cheese sauce (5.8g) Daily specials					
HOT DESSERT	Sticky lemon pudding (46g) with lemon caramel sauce (38g)	Portokalopita - Filo orange syrup cake (34g)	Toffee apple pie with dulce de leche (27g)	Steamed jam sponge (47g) with custard (16g)		
COLD DESSERT	Raspberry tiramisu (21g)	Coconut and peach parcel (21g)	Pastel de nata (49g)	Cornflake brownie (48g)	Cranberry and pumpkin seed cookie (50g)	
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS					

Lunch

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the day with homemade bread					
MAIN COURSE 1	Parmesan chicken Milanese, breaded chicken (22g) with tomato sauce (6.5g)	Greek pulled pork (0g) with feta, pomegranate, pickled pink onions and pitta bread (55.1g)	Beef rendang (2.3g) with pineapple, cucumber and lime salad	Lamb Rogan Josh (3.9g)	Battered fish (10g) with lemon and tartar sauce (21g)	Braised beef chilli (4.8g) with sour cream(3.8g) and guacamole (3.9g)
MAIN COURSE 2	Prawn and roasted pepper arrabiata (14g)	Beef meatballs (4.9g) with pomegranate molasses, red onions, tomatoes (6g) potatoes (15g) and tzatziki (3.5g)	Ayam bakar chicken leg (0g)	Tandoori Turkey Escalope (2g) with kachumber salad (6g) and raita (8.1g)	Chicken (0g) Caesar (6.9g) burger Bun (51g)	Chicken fajitas (2.6g) with sour cream (3.8g) and guacamole (3.9g) Wrap (53g)
MEAT FREE	Crispy mac and cheese bites (29g) with tomato and basil sauce (6.5g)	Falafels (15.9g) with feta, pomegranate, pickled pink onions and pitta bread (55.1g)	Tofu rendang (3g)	Vegetable & Paneer Samosa (28g)	Margarita pizza (27.9g)	Eat curious vegetable fajitas (5.9g) with sour cream (3.8g) and guacamole (3.9g) Wrap (53g)
PLANT BASED	Chickpea Fregola in tomato sauce (17g) with roasted vegetables (4.6g) Rocket, balsamic onion and olive salad Garlic focaccia (51.2g)	Vada pav - Mumbai street food potato burger (24g) in soft white bap (46g) with coriander chutney and tamarind chutney (27.3g) Tandoori roasted sweet potato (28g) Kachumber salad (6g)	Ancho adobo eat curious (6.1g) soft tacos (53g) with black turtle beans (8g), guacamole (3.9g), tomato salsa (9.3g) and pickled pink onions (14g) Mexican style rice (30.7g) Grilled corn on the cobs (7.6g)	Crispy fried tofu with thai noodle, carrot, mooli, spring onion, coriander, coconut and mango salad (16g)	Naan bread (48g), onion bhaji (22.4g) and tikka paneer (4.1g) toastie with roasted peppers and onions (4.8g) Coronation coleslaw (12g)	
SIDES	Pilau rice (13g) Gobi 65 (crispy fried cauliflower) (13g) Steamed green beans (6g) Vegetable samosas (23.2g) and naan bread (49g)	Lemon and parsley couscous (27.6g) Oregano roasted peppers (2.6g) Sauteed courgettes with mint and garlic (2g)	Coconut rice (29.3g)Green beans and bamboo shoots with ginger and soy (6g) Miso and sesame roasted carrot (9.2g)	Pilau rice (24.3g)Saag aloo (7.1g) Tandoori roasted cauliflower (3.5g) Mango chutney (60g) and poppadoms (28.9g)	Chunky chips (36g) Mushy peas (14g) Peas (10g)	Mexican style rice (30.7g) Cajun roasted sweet potato (28g) Sweetcorn (13g)
JACKET/PASTA BAR	Pasta (33g), Jacket potatoes (51g) and baked sweet potatoes (28g) Baked beans (15g), Tomato sauce (6.5g), Cheese sauce (5.8g) Daily specials					
HOT DESSERT	Pear chocolate and oat crumble (39g) with custard (16g)	Sticky toffee pudding (67g) with sticky toffee sauce (61g)	Warm lemon and coconut tart (25g) with cream (4.6g)	Cherry pie (32g) with custard (16g)	Peach and raspberry cobbler (30g) with cream (4.6g)	
COLD DESSERT	Strawberry cheesecake bar (24.4g)	Smartie cookies (58g)	Blueberry and peach cake (31g)	Jaffa cake cupcakes (51g)	Choux buns with caramel and cream (23g)	
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the day with homemade bread					
MAIN COURSE 1	Char siu roast pork (11g) with pickled cucumbers and crispy seaweed	Porchetta (0g) in a brioche bun (51g), herb mayo & crunchy red cabbage (3.7g)	Beef tikka masala (4.9g), raita dressing (8.1g), pomegranate and poppadums (28.9g)	Adobo chicken thigh asado (0g) Aji verde sauce (3.8g) Pickled red onion (14g) Lime wedges	Battered fish (10g) with lemon and tartar sauce (21g)	Braised Beef bolognese (3.7g) Chicken, mushroom and rosemary sauce (2.8g) Eat curious bolognese (4.9g) Spaghetti (31.5g) Roasted vegetables (4.6g) Peas (10g) Garlic bread (39g)
MAIN COURSE 2	Stir fried beef with spring onions and ginger (1.5g)	Baked pollock puttanesca in a tomato, onion, olives & caper sauce (19g)	Tandoori chicken leg with mint yoghurt dressing (2g)	Lomo saltado, beef strips with red onion, tomato & red peppers (2.6g)	Cheeseburger (0g) with pickles, lettuce, tomatoes (3g), burger sauce (8.3g) and brioche bun (51g)	
MEAT FREE	Char siu tofu (11g) with pickled cucumber and crispy seaweed	Portobello mushroom stuffed with quinoa & cannellini beans topped with provolone (7.9g)	Chickpea, paneer & spinach dahl (6.8g)	Spanish omelette (14g) with padron peppers (2.6g)	French onion tart (12g), Celeriac remoulade (3.3g)	
PLANT BASED	Roasted vegetable and "chorizo" paella (15.4g) with garlic mayonnaise Green citrus salad (2.3g) Toasted ciabatta (52g)	Tofu massaman curry (8.4g) Sticky rice (28g) Stir fried bok choy, mange tout and beansprouts (1.9g)	Mushroom, butterbean and spinach pie (15g) Saute new potatoes (15g) Roasted carrots (9.2g)	Eat curious keema (4.3g) with raita (8.1g) and mango chutney (60g) Garlic naan breads (51g) Vegetable samosas (23g) Coconut green beans (5g)	Mushroom, spinach and plant based feta pizza (32g) Oregano and garlic roasted sweet potato (28g) Baby gem, roasted pepper, red onion and olive salad with italian dressing	
SIDES	Sesame, spring onion and coriander egg noodles (26g) Stir fried greens (1.9g) Soy, garlic and ginger roasted broccoli (2.8g)	Rosemary roast new potatoes (15g) Green beans (4g) Garlic roasted courgette (2g)	Pilau rice (24.3g) Bombay roasted cauliflower (3.5g) Cumin roasted carrots (9.2g)	Roast leeks with romesco sauce (3g) Garlic green beans (4g) Patatas bravas (17g)	Chunky chips (36g) Mushy peas (14g) Peas (10g)	
JACKET/PASTA BAR	Penne Pasta (33g), Jacket potatoes (51g) and baked sweet potatoes (28g) Baked beans (15g) Tomato sauce (6.5g) Cheese sauce (5.8g) Daily specials					
HOT DESSERT	Coconut rice pudding (18g)	Apple bread pudding (23g) with caramel sauce (38g)	Steamed syrup sponge with (56g) cream (4.6g)	Tres leches cake (33g) with berry compote (34.5g)	Warm oreo cookie dough with cream (57g)	
COLD DESSERT	Lime and ginger cheesecake pots (27g)	Lemon and blueberry muffins (34g)	Cornflake and malteser rocky road (55g)	Spiced date bar (55g)	Apple crumble bar (52g)	
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS					

Supper

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE 1	Loaded Mexican hotdogs Pork frankfurter (2.1g) or jumbo plant (10g) sausage topped with -	Beef chilli (4.8g) with sour cream (3.8g), guacamole (2.8g) and cheese	Pulled Texas BBQ pork (11g) with coleslaw (6g) and brioche bap (51g)	Greek chicken (0g) gyros, tzatziki (4g), chilli sauce, garlic sauce (3.6g) Khobez bread (64g)	Sweet and sour crispy chicken (11.6g)	Buttermilk fried chicken (9g) BBQ Chicken wings (7.9g) Buttermilk fried tofu (12g)	Lamb tikka masala (4.g)
PLANT BASED	Beef (4.8g) or mixed bean chilli (15g) Con queso (8.7g) Crushed nachos (61g) Jalapenos (2.5g) Crispy onions Chipotle sweet potato fries (28g) Sweetcorn (13g) Charred peppers and red onions (5.1g) Bun (51g)	Eat curious and mixed bean chilli (7.5g)	Texas BBQ eat curious pieces with coleslaw (6g) and brioche bap (51g)	Halloumi (0g) gyros, chilli sauce, garlic sauce (3.6g)Khobez bread (64g)	Sweet and sour crispy tofu (11g)	Waffles (56g) Mac and cheese (19.8g) French fries (39.7g) BBQ Beans (22g) Corn on the cobs (7.6g)	Paneer and chickpea tikka masala (7g)
SIDES		Mexican style rice (30.7g)Sweetcorn (13g) Green beans (4g)	Roasted sweet potatoes (28g) Steamed peas (10g)Roasted vegetables (4.6g)	Fries (39.7g)Aubergines in tomato with feta Courgette with garlic and lemon (2g)Stuffed vine leaves (15.8g) Olives (0g)	Egg fried rice (33g)Vegetable stir fry (6.9g)Soy, garlic and ginger roasted broccoli (3g)Spring rolls (27.7g)	Bourbon BBQ Sauce (53g) Ranch dressing (9.9g) Chipotle mayonnaise (2.8g)	Pilau rice (24.3g) Tandoori roasted cauliflower(3.5g) Coconut green beans (5g) Samosas (23g), naan bread (51g), poppadoms (28.9g), mango chutney (60g)
WEEKLY STREET EATS	Teriyaki beef (4g) bao buns (51g), sticky rice (28g), pickled cucumber and asian slaw (5.1g)					Build your own Poke bowl Smoked salmon (0g) Base - Quinoa (18.8g) or rice (31g)Toppings - Carrot (8g), avocado (2g), Radish (2g), pickled cabbage (7g), soy beans (8g), sesame seeds, crispy onions, coriander, pickled ginger Dressings	
JACKETS AND PASTA	Pasta (33g) Jacket potato (51g) and sweet potatoes (28g) Baked beans (15g) Cheese (1.4g) Daily specials						
DESSERT	Dessert of the day						
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

Supper

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE 1	Beef bolognese (3.7g)	Chicken and chorizo jambalaya (16g) with cornbread (26g)	Mac and cheese bar Mac and cheese (19.8g) topped with - Pulled BBQ pork (11g) BBQ eat curious pieces (16g) Garlic bread (39g) Roasted peppers (4.8g) Sweetcorn (13g)	Build your own Caesar salad Garlic and thyme chicken escalope (0g) Cajun king prawns (1.8g) Char grilled halloumi (3g) Cos lettuce (0g) Garlic croutons (66g) Boiled eggs (0g) Anchovies (0g) Parmesan (0g) Crispy bacon (0g) Caesar dressing (7.4g) Roast vegetables (4.6g) Garlic cabbage (2.8g)	Satay chicken legs (3g) with pickled ginger and grilled spring onions	The Brunch burger Beef patty (0g), crispy bacon (0g), hash brown (23.1g), brown sauce (28.3g) cheese (10.1g) Brioche bun (51g) The Caesar Garlic breaded chicken (22g), baby gem (1.7g), grated parmesan (0g), caesar dressing (7.4g) The Corn and Chick Sweetcorn and chickpea burger (21g), sriracha mayonnaise (26g) and rocket (0g) Sweet potato fries (24g) Boston BBQ beans (22g) Roast vegetables (4.6g)	Tapas Albondigas (1.6g) Gambas al ajillo (0g) Calameres fritos (18g) Tortilla (14g) Patatas bravas (17g) Padron peppers (2.6g) Fried aubergine with honey (10g)
PLANT BASED	Lentil, mushroom and chickpea bolognese (6g)	Mixed bean and vegetable jambalaya (15g) with cornbread (26g)		Satay tofu (3g) and vegetable stir fry (5.9g)			
SIDES	Garlic bread (39g) Spaghetti (31.5g) Oregano roasted squash (7.4g) Steamed broccoli (3g)	Grilled cabbage wedges (2.8g) with ranch dressing (9.9g) Cajun roasted corn on the cobs (7.6g)		Rice (31.5g) Stir fried cabbage with sesame and garlic (2.8g) Green beans (4g) and soy beans (8g) Prawn crackers (58.2g)			
WEEKLY STREET EATS	Ramen bar - Ramen broth with vegetable gyozas (24g), rice noodles (28g), selection of vegetables, boiled eggs and toppings					Build your own Poke bowl Smoked salmon (0g) Base - Quinoa (18.8g) or rice (31g) Toppings - Carrot (8g), avocado (2g), Radish (2g), pickled cabbage (7g), soy beans (8g), sesame seeds, crispy onions, coriander, pickled ginger Dressings	
JACKETS AND PASTA	Pasta (33g), Jacket potato (51g) and sweet potatoes (28g) Baked beans (15g), Cheese (1.4g) Daily specials						
DESSERT	Dessert of the day						
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

Supper

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE 1	Peri peri chicken leg (0g)	Chicken katsu curry (20.6g) with pickled vegetables	Slow cooked BBQ beef brisket (7.4g)	Teriyaki pork belly (4g) bao buns (51g) with pickled cucumber and ginger	Lamb dhansak (6.5g)	Chicken (0g) club ciabatta (52g) with lettuce, tomato, crispy bacon, boiled egg and garlic mayonnaise	Pulled beef quesadillas (22g) with sour cream (3.8g) and guacamole (3.9g)
PLANT BASED	Sweet potato and kidney bean feijoada (7.9g) Roasted tomato rice (30.7g) Batatas Fritas (fries) (37.9g)	Tofu katsu curry (25g) with pickled vegetables	BBQ mixed bean, eat curious and roast pepper stew (9.9g)	Teriyaki tofu (4g) bao buns (51g) with pickled cucumber and ginger	Vegetable and lentil dhansak (9.1g)	BBQ Tofu (12g) club ciabatta (52g) with lettuce, tomato and garlic mayonnaise	Mixed bean and vegetable quesadillas (22.7g) with sour cream and guacamole
SIDES	Grilled peppers (4.8g) Sauteed kale (1g)	Sticky rice (28g) Stir fried pak choi and mangetout (2.4g) Garlic, ginger and sesame roasted aubergine (2.5g)	Cheddar cheese and spring onion mash (15g) Garlic and chilli roasted squash (7.4g) Steamed peas (10g)	Sticky rice (28g) Vegetable stir fry (5.9g) Soy roasted broccoli (3g)	Bombay potatoes (14g) Sauteed green beans with mustard seeds and coconut (5g) Cumin roasted carrots (9.2g)	French fries (39.7g) Roasted peppers (4.8g) Sweetcorn (13g)	Crispy loaded potato skins with crispy onions, spring onions and cheddar (15g) Roast veg (3.5g) Macho peas (10g)
WEEKLY STREET EATS	<p style="text-align: center;">Chicken souvlaki - Grilled chicken (0g) with flatbreads (64g), tzatziki (4g) and greek salad (2g)</p>					<p style="text-align: center;">Build your own Poke bowl Smoked salmon (0g) Base - Quinoa (18.8g) or rice (31g) Toppings - Carrot (8g), avocado (2g), Radish (2g), pickled cabbage (7g), soy beans (8g), sesame seeds, crispy onions, coriander, pickled ginger Dressings</p>	
JACKETS AND PASTA	Pasta (33g), Jacket potato (51g) and sweet potatoes (28g) Baked beans (15g), Cheese (1.4g) Daily specials						
DESSERT	Dessert of the day						
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS						