

NEW FAVORITES

SPICY

CRUNCHY

DELICIOUS

WEEK ONE

ENERGETIC

EXCITING

CULTURE

CRUNCH

TANGY

FUSION

DELICIOUS

LUNCH

SOCIAL

MONDAY

JAPANESE
Teriyaki Salmon
Wholegrain Rice
Sweet Chilli Broccoli



TUESDAY

CHINESE
Sweet & Sour Quorn [v]
Beggars Noodles
Stir Fried Greens



WEDNESDAY

INDIAN
Butter Chicken
Bombay Potatoes
Chana Saag [Indian Spiced Spinach]



THURSDAY

MEXICAN
Beef Enchilada
Wholegrain Rice
Half Corn on the Cob



FRIDAY

BRITISH
Home-made Battered Pollack
Chips
Peas



DEEP SOUTH DINER
Choose a main: New York Hot Dog OR Quorn & Mushroom Burger [v]
Paprika Wedges
Caesar Salad



WINGS & THINGS
Choose a main: Special Marinated Roast Chicken Leg with Piri Piri or Lemon & Herb OR Spicy Veg & Bean Quesadilla [v]
Spicy Rice
Crushed Chilli Peas



DEEP SOUTH DINER
Choose a main: Chilli Beef Nachos OR Tabasco Spiced Jambalaya [v]
Baked Garlic & Herb Wedges
Green Salad



WINGS & THINGS
Choose a main: Chicken Fillet Wrap with BBQ or Sticky Tabasco OR Grilled Piri Butternut & Halloumi Skewers [v]
Mash
Sweet Chilli Beans



DEEP SOUTH DINER
Choose a main: BBQ Pulled Pork Pitta OR BBQ Pulled Quorn Wrap [v]
Chips
Apple Slaw



SPEEDY ITALIAN
Cheese & Tomato Sicilian Pizza [v]
Veggie Hot One Pizza [v]
Tomato & Chunky Veg Pasta [v]



SPEEDY ITALIAN
Hawaiian Pizza
Veggie Bolognese Pasta [v]
Margherita Pizza [v]



SPEEDY ITALIAN
Carbonara Pasta
Quorn & Mushroom Pizza [v]
Beef Lasagne



SPEEDY ITALIAN
3 Cheese Sicilian Pizza [v]
Arrabbiata Pasta [v]



SPEEDY ITALIAN
BBQ Chicken Pizza
Ham & Mushroom Pizza
Margherita Pizza [v]



WE SERVE

a selection of delicious baguettes, paninis, toasties and sandwiches and NEW exciting salad pots every day. Fruit, yoghurt & granola pots are available to enjoy daily.

Look out for MUNCH – our mid-morning break offer available for you to enjoy Monday-Friday

any main & 2 sides £2.30

from £1.30

CRUNCH

DELICIOUS

WEEK TWO

ENERGIZING

CRUNCH

EXCITING


TANGY

FUSION

LUNCH SOCIAL


MONDAY

CARIBBEAN
Sweet Potato & Bean Coconut Stew [v]
Flatbread
Mixed Greens




TUESDAY

THAI
Thai Red Chicken Curry
Sticky Jasmine Rice
Pad Ped Jay [Thai Vegetable Stir Fry]



WEDNESDAY

BRITISH
Roast Pork & Apple Sauce
Roast Potatoes
Peas & Carrots




THURSDAY

JAPANESE
Katsu Chicken Curry
Wholegrain Rice
Pickled Cucumber with Chilli



FRIDAY

MEXICAN
Mexican Veggie Fajita [v]
Tex Mex Wedges with Sour Cream & Scallions
Chargrilled Courgettes with Pico de Gallo




WINGS & THINGS
Choose a main: Chicken Thigh Flatbread Wrap with Lemon & Herb or Sticky Tabasco **OR** Feta & Beetroot Burger [v]
Paprika Wedges
House Slaw



DEEP SOUTH DINER
Choose a main: Lettuce Beef Burger with Sweet Tomato Salsa **OR** Veggie Chilli Tacos [v]
Chips
BBQ Beans




WINGS & THINGS
Choose a main: Chicken Fillet Ciabatta brushed with BBQ or Piri Piri **OR** Halloumi & Mushroom Wrap [v]
Spicy Rice
Sweet Chilli Slaw




DEEP SOUTH DINER
Choose a main: Cajun Chilli & Beans **OR** Loaded Triple Mac 'N' Cheese [v]
Baked Spicy Sweet Potato Chips
Crunchy Salad




WINGS & THINGS
Choose a main: Special Marinated Roast Chicken Drumsticks with Lemon & Herb or Sticky Tabasco **OR** Veggie Quarter Pounder [v]
Tex Mex Wedges with Sour Cream & Scallions
Roasted Corn on the Cob




SPEEDY ITALIAN
Sicilian Meat Feast Pizza
Veggie Supreme Pizza [v]
Beef Bolognese Pasta




SPEEDY ITALIAN
Cajun Chicken Sizzler Pizza
Margherita Pizza [v]
BBQ Chicken Pasta




SPEEDY ITALIAN
Quorn & Vegetable Lasagne [v]
Tomato & Chunky Veg Pasta [v]
Chicken Supreme Pizza



SPEEDY ITALIAN
Margherita Pizza [v]
Italian Chicken Pasta
Veggie Hot One Pizza [v]



SPEEDY ITALIAN
Sicilian Cheese & Tomato Pizza [v]
Arrabbiata Pasta [v]



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a selection of delicious **baguettes**, **paninis**, **toasties** and **sandwiches** and NEW exciting **salad pots** every day.

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MONDAY

Paneer Balti [v]
Wholegrain Rice
Coconut & Green Bean Stir Fry



TUESDAY

Jerk Chicken with Rice & Peas Spinach & Coconut Slaw



WEDNESDAY

Char Sui Pork
Singapore Rice Noodles
Wok-Tossed Oriental Vegetables



THURSDAY

Tempura Battered Pollack & Katsu Sauce
Chips
Mushy Peas



FRIDAY

Sausage & Mash
Red Onion Gravy
Carrots



Choose a main: Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco **OR** Mushroom, Monterey Cheese & Chilli Jam Bun [v]
Baked Paprika Wedges
Red Slaw



Choose a main: Mexican Beef Chilli **OR** Sweet Potato Gumbo [v]
 Tex Mex Rice
 Roasted Corn on the Cob



Choose a main: Chicken Thigh Ciabatta brushed with BBQ or Piri Piri
OR Cajun Baked Aubergine & Polenta Burger [v]
 Cajun Wedges
 Chilli Sweetcorn



Choose a main: Beef Burger **OR** Sweet Potato & Black Bean Enchilada [v]
 Chips
 House Slaw



Choose a main: Chicken Fillet Wrap with Lemon & Herb or BBQ **OR**
Cauliflower & Creamed Corn Bake [v]
Garlic Bread
BBQ Beans



Beef Bolognese Pasta
Mozzarella & Tomato Sicilian Pizza [v]
Bacon Pizza



Tuna & Sweetcorn Pizza

Herby Tomato Pasta [v]



Veggie Lasagne [v]
Vegetable Supreme Pizza [v]
Carbonara Pasta



Smoky Chicken Pasta
Margherita Pizza [v]
Sicilian Meat Feast Pizza



Veggie Hot One Pizza [v]
Cajun Sizzler Pizza
Veg Bolognese Pasta Sauce [v]



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Chartwells
EAT LEARN LIVE