







WEEK ONE

YOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MARKET FRESH</p>	<p>Maple Syrup & Thyme Roasted Heritage Beetroot, Vegan Feta, Quinoa & Pine Nuts (V) VEGAN</p>	<p>Gnocchi with Butternut Squash, Parmesan Cheese, Brown Butter, Sage & Pumpkin Seeds (V) VEGETARIAN</p>	<p>Grilled Chicken Breast with Italian Salad & Roasted Potatoes (H) HALAL</p>	<p>Smoked Tofu, Colourful Asian Vegetables Ramen with Miso Broth & Soy Pickled Egg (V) VEGETARIAN</p>	<p>Vegan Colourful Pad Thai with Rice Noodles, Shallots & Peanut Crumb (V) VEGAN (optional extra of a Spring Roll)</p>
 <p>GLOBAL CLASSICS</p>	<p>Vegetarian Sausages with Cheesy Mash Potato, Broccoli & Onion Gravy (V) VEGETARIAN</p>	<p>Chicken Tikka Masala, Basmati Rice, Mango Chutney & Poppadums (H) HALAL (optional extra of an Onion Bhaji)</p>	<p>Sri Lankan Fish Curry with Jasmine Rice (optional extra of a Vegetable Samosa)</p>	<p>"The Mighty Shepherd's Pie" (H) HALAL (optional extra of Steamed Green Vegetables)</p>	<p>The Real Bolognese Lasagne with Vegetables & Italian Salad (H) HALAL (optional extra of Garlic Bread)</p>
 <p>STREET FOOD</p>	<p>Jerk Spiced Char Grilled Chicken Leg, Stir Fried Rice, Spicy Slaw & Coconut & Lime Gravy (H) HALAL</p>	<p>"Celeriac Shawarma Wrap" (V) VEGAN (optional extra of Cumin Skinny Fries)</p>	<p>Quorn, Bell Peppers & Onion Quesadilla (V) VEGETARIAN (optional extra of Sweet Potato & Smoked Paprika Fries)</p>	<p>"Dirty Vegan Burger" Crunchy Portobello Mushroom (V) VEGAN (optional extra of Skinny Fries)</p>	<p>Battered Catch of the Day with Tartar Sauce, Peas & Lord's Chips</p>



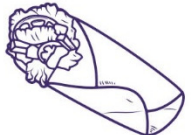
WEEK TWO

YOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MARKET FRESH	Salmon Teriyaki with Jasmine Rice & Pickled Asian Salad	Grilled Halloumi with Bulgur Wheat & Pomegranate & Tahini Dressing (V) VEGETARIAN	Heritage Beetroot Risotto with Candied Walnuts & Gremolata (V) VEGETARIAN	Senegalese Chicken Yassa with Marinated Onions & Couscous (H) HALAL	Falafel, Quinoa & Hummus warm Lebanese Salad (V) VEGETARIAN
 GLOBAL CLASSICS	Quorn Chilli con Carne, Rice, Mango Salsa & Guacamole (V) VEGETARIAN (optional extra of Cheesy Tortilla Chips)	Seasonal Vegetable Biryani with Lime Pickles, Mango Chutney & Coriander Coconut Yoghurt (V) VEGAN	"Mediterranean Vegetable Tagine" Couscous, Lemon & Sumac Yoghurt (V) VEGAN	Thai Red Plant Based Curry with Coconut Jasmine Rice (V) VEGAN (optional extra of a Vegetable Spring Roll)	Pulled Smoked Beef Brisket Topped Mac 'N' Cheese with Apple Coleslaw & BBQ Sauce (H) HALAL
 STREET FOOD	Pulled Jackfruit Colourful Vegan Burger (V) VEGAN (optional extra of Curly Fries)	Chicken Bratwurst Hot Dog (H) HALAL (optional extra of Skinny Fries)	"Japanese Fajita" Crispy Chicken Thigh Wrap (H) HALAL (optional extra of Sweet Potato Fries)	"Lamb Koftas" Pitta Bread, Tabbouleh, Halloumi & Pomegranate (H) HALAL (optional extra of Cumin Skinny Fries)	Battered Haddock, Purple Tartare Sauce, Peas & Lord's Chips

WEEK THREE

YOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MARKET FRESH</p>	<p>Yoghurt, Maple & Curry Whole Roasted Cauliflower with Tabbouleh, Pomegranate & Hummus (V) VEGETARIAN</p>	<p>Glazed Goat's Cheese, Caramelised Red Onion & Quinoa Warm Salad (V) VEGETARIAN</p>	<p>Dockside Smoked Fish Cake, Poached Egg & Hollandaise Sauce</p>	<p>Vegan Celeriac Risotto with Truffle & Toasted Pine Nuts (V) VEGAN</p>	<p>Honey, Orange & Thyme Glazed Chicken Breast, Pearl Barley, Celeriac & Kale (H) HALAL</p>
 <p>GLOBAL CLASSICS</p>	<p>Vegan Oven Baked Pasta, Sourdough Crumble, Apple & Mixed Leaf Salad (V) VEGAN</p>	<p>Root Vegetable Stew, Dill Mash Potato & Broccoli (V) VEGETARIAN</p>	<p>The Great Jollof Rice with Chicken Thighs (H) HALAL (optional extra of Fried Plantain)</p>	<p>Paneer Makhini, Basmati Rice, Mango Chutney & Garlic & Coriander Naan Bread (V) VEGETARIAN (optional extra of an Onion Bhaji)</p>	<p>Vegan Beetroot Mac'N'Cheese & Colourful Salad (V) VEGAN</p>
 <p>STREET FOOD</p>	<p>"Greek on the Street" Chicken Souvlaki with Sides (H) HALAL</p>	<p>"Kebabish" Lamb Shish Kebab, Kobez Wrap & Salad (H) HALAL (optional extra of Skinny Fries)</p>	<p>"Mumbai Street Food" Crispy Aubergine Burger with Beetroot Raita (V) VEGAN (optional extra of Curried Curly Fries)</p>	<p>Korean Fried Chicken Thigh, Sesame & Chilli Fried Egg, Kimchi Skinny Fries & Sriracha Sauce (H) HALAL</p>	<p>Southern Fried Fish Burger, Pineapple Chilli Jam Salsa, Onion & Cheese Slaw & Lime May-Oh (optional extra of Smoked Paprika Skinny Fries)</p>