



LUNCH

LUNCH MENU

Liven up lunchtime with some mix and matching that caters for every taste to tackle the munchies.

£19.50

All prices are per person and exclude VAT

Choice of ten items to include: three salads, two cold dishes and one hot dish, one vegetarian dish, one hot side dish and two desserts to finish.

(SF Superfoods)

SALAD SELECTION

Garden salad with ranch dressing

(SF) Potato salad with chive and Greek yoghurt dressing

Tomato with basil marinated mozzarella

(SF) Asian slaw with apples

Smoked chicken pasta with peach and grain mustard mayonnaise

(SF) Cajun three bean salad with lime and roasted corn

(SF) Niçoise salad with poached salmon

(SF) Five bean salad with herbs, lemon and olive oil

(SF) Spiced beetroot and orange slaw

Spring vegetable slaw

Thai beef salad

Greek salad

(SF) Quinoa and pumpkin salad

Spelt and pickled mushroom, herbs and rocket

(SF) Charred tandoori spiced cauliflower, onion and tomato salad, lime and garlic Greek yoghurt dressing

(SF) Pickled watermelon, rocket, salted cucumber and corn salad

(SF) Quinoa salad with roasted butternut squash, peppers, pomegranate and rocket

(SF) Beetroot salad with spinach, cherry tomato and asparagus

COLD DISHES

- SF Cajun roasted salmon with red pepper mayonnaise
- Sweet chilli prawns with marinated Asian vegetables
- SF Tandoori chicken with mint Greek yoghurt raita
- Chicken liver parfait with gooseberry relish
- Halloumi and olives with flatbread and dips
- SF Goat's cheese tart with caramelised leek
- SF Tomato and basil quiche
- Crudités with houmous
- SF Watermelon and Serrano ham
- Peppered beef with horseradish cream
- SF Poached salmon with lemon caper berries and herb Greek yoghurt
- King prawn and pineapple salad with chilli dressing

HOT DISHES

- Beef kebabs marinated in chimichurri with warm tomato couscous salad
- Welsh beef tagine with saffron and aromatic spices
- Slow cooked Welsh lamb with ragout of local vegetables and barley
- Lamb kofta curry
- Mildly spiced meatballs in medium/hot madras curry sauce
- Korean barbecue pork with kimchee
- SF Thai green chicken with broccoli
- Sweet and sour chicken with Cantonese style sauce
- SF Szechuan orange chicken with sautéed greens and hoi sin beetroot
- Green masala fried fish with aloo gobi
- Poached fish in a lemon and paprika crumb with herb roasted potatoes
- SF Roast salmon with pepper and black eyed bean jambalaya



VEGETARIAN DISHES

Vegetable rice

- SF Mediterranean vegetables with basil and bean chilli
- SF Sweet potato, cauliflower and chickpea sofrito
- SF Roasted pumpkin tart with caramelised red onion and rocket pesto
- SF Lemon jumbo couscous with roasted root vegetables and kale
- SF Red Thai pumpkin curry
- SF Vegetable paella with asparagus, courgettes, broccolini, herbs and garlic, flavoured with saffron and paprika
- SF Thai green vegetable curry with stem broccoli, pak choi and aubergine
- SF Whole wheat pasta with braised butter beans, leeks, charred corn and nut free pesto
- SF Tuscan bean cassoulet with herbs and roasted garlic

HOT SIDE DISHES

Vegetable rice

- SF Egg noodles with kale, ginger, garlic and sprouts
- SF Mixed lentil rice
- Crushed new potatoes with fresh herbs and olive oil
- SF Quinoa with spinach, sun dried tomatoes, garlic and ginger
- SF Yellow lentil dhal
- Creamy cheesy potato mash
- SF Roasted pumpkin with chilli
- SF Cauliflower and oatmeal bake

DESSERTS

- SF Pomegranate coconut mousse
- SF Red berries, acai berries and vanilla trifle
- Caramel chocolate terrine
- SF Fresh fruit salad with strawberries, blueberries and goji berries
- Lemon and lime tartlets
- White and dark chocolate mousse cake
- Double cream tiramisu with chocolate crumble
- Strawberry bavarois bar cake
- Milk chocolate and coconut tart
- Passion fruit delice
- SF Set ground almond and cranberry pudding
- Warm cocoa and walnut pudding
- SF Warm maple and oat monkey bread pudding

CHEESE

Welsh Cheese Platter

A selection of Welsh cheese including Caerphilly, Perl Las, Perl Wen, Black Bomber Cheddar and Y Fenni served with grapes, celery, dried fruit, oat cakes and chutney
(£7.50 ex VAT supplement per person applies)

ADDITIONAL DISHES

Extra cold dish	£3.75 per person, per item
Extra hot dish	£4.17 per person, per item
Extra dessert	£2.50 per person, per item

PACKED LUNCH MENU

Pushed for time?

Our perfectly packed picnics are sure to do the trick.

OPTION 1

Please choose two sandwiches from the selection below for the whole group:

Cheese, onion and mayonnaise on thick malted wheat bread

Chicken, bacon and mayonnaise on thick malted wheat bread

Egg mayonnaise and cress on thick oat crusted bread

Ham and coleslaw on thick white bread

Classic BLT (bacon, lettuce, tomato) on thick wholemeal bread

With a piece of fresh fruit

£9.60 excluding VAT, per person

OPTION 2

Please choose two sandwiches from the selection below for the whole group:

Chicken tikka and cucumber on thick white bread

Pastrami, Monterey Jack cheese, gherkin, lettuce, red onion and mustard mayonnaise on thick malted bread

The ultimate ploughman's: mature cheese, pickle and salad on malted bread

Cajun chicken, roast peppers, salsa, coriander, jalapeños and sour cream in a fresh tortilla wrap

Falafel with houmous, coleslaw and crisp lettuce in a fresh tortilla wrap

Plus, a piece of fresh fruit, crisps, bottled mineral water

£13.80 excluding VAT, per person

ADDITIONAL LUNCH ITEMS

Small sushi plate	£11.50
Salad bowl	£8.50
Scotch egg	£5.50
Pork pie	£3.50
Cheese and onion pasty	£4.10
Welsh yoghurt pot	£2.00
Chocolate bar	£2.00
Crisps	£1.75
Muffin	£2.00

All prices are per person and exclude VAT

GRAB AND GO MENU

Feeling peckish? When you're in need of a little refuelling head to the main Plaza and browse our wide selection of tasty lunch options from one of our around the world stations for food on the go.

ASIAN

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Thai green chicken curry with broccoli and rice	£7.00
Thai red vegetable curry with rice	£7.00
Large vegetable spring roll with sweet chilli dip	£3.50 pc

ITALIAN

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Meatballs and penne pasta with a rich tomato and basil sauce	£7.00
Herb roasted vegetables with arrabiata sauce, olives and penne pasta	£7.00

INDIAN

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Chicken tikka masala with rice	£7.00
Saag aloo with chickpeas, lentils and rice	£7.00
Large vegetable samosa with mango chutney	£3.50 pc

MEXICAN

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Pulled pork burrito with corn chips, salsa and sour cream	£7.00
Vegetable chimichanga with corn chips, salsa and sour cream	£7.00

BARBECUE

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

BBQ beef rib sandwich with chipotle chutney and brioche bun	£7.00
Vegetarian burger with chipotle chutney and brioche bun	£7.00

JACKET POTATOES

Snack Selection

Snacks, fruit and drinks	from £1.50
Muffins and cakes	£2.00
Salad and sandwiches	from £5.50

Lunch Selection

Freshly baked jacket potatoes with a choice of fillings:	£7.00
Five bean chilli	
Baked beans and Welsh cheddar	
Chilli con carne	