



LUNCH MENUS

BENTO BOX

No time to stop, why not try our on-the-go working lunch?

Chicken Box

Lime and Mango Glazed Chicken Breast
with coriander and onion chutney,
chimichurri mayonnaise dip

Horiatiki Salad
with fresh mint and feta cheese,
rapeseed oil dressing
(V,D)

Prawn Box

BBQ Roasted Prawns
with lime and coriander, fresh mango,
chimichurri mayonnaise dip
(Cr)

Horiatiki Salad
with fresh mint and feta cheese,
rapeseed oil dressing
(V,D)

Vegan Box

Avocado
with cumin spiced chickpeas and roasted
pepper, chimichurri mayonnaise dip
(V)

Grilled Mediterranean Vegetables
with harissa glaze and pine nuts
(V,SD,N)

Bombay Potato Salad
with pumpkin seeds and chilli dressing
(V)

Mumbai Style Potato Salad
dressed with Llaeth Y Llan Welsh yoghurt
(V,D,Mu)

Fresh Strawberries and Blueberries
dressed in star anise syrup
(V)

Raspberry Choux Bun
(V,D,E,G)

Mumbai Style Potato Salad Dressed
with Llaeth Y Llan Welsh yoghurt
(V,D,Mu)

Fresh Strawberries and Blueberries
dressed in star anise syrup
(V)

Raspberry Choux Bun
(V,D,E,G)

Fresh Strawberries and Blueberries
dressed in star anise syrup
(V)

Vegan Chocolate Torte
(V,N,S)

PACKED LUNCH MENU

Pushed for time? Our perfectly packed picnics are sure to do the trick.

SANDWICH MENU

Please select two sandwiches for the whole group:

Chicken Salad

with pepper mayonnaise on malted granary bread
(D,E,G,S)

Egg Mayonnaise and Cress

on thick crusted bread
(V,E,G)

Cheese and Spring Onion

on malted grain bread
(V,E,G,D)

Tuna and Sweetcorn Mayonnaise

on oatmeal bread
(F,E,S,G)

Ultimate Ploughman's

(G,SD,D,E)

Gluten Free Egg Mayonnaise

with slow roasted tomato and cress roll
(V,E,S)

B.L.T

Bacon, lettuce and tomato
(G,D)

Served with a piece of fresh fruit, juice box or water (V)

FLOUR TORTILLA WRAP MENU

Please select two wraps for the whole group:

Smoked Ham and Mozzarella Tortilla Wrap

with smoked tomato jam
(G,D,S,SD)

Vegan/Gluten Free Chana Madras and Sweet Potato Pakora

with mango chutney
(V,Mu)

Katsu Chicken Tortilla Wrap

with mango and chilli slaw
(G,S,D,Mu)

Caesar Chicken and Bacon Wrap

(G,D,E,Mu)

BBQ Southern Fried Chicken Wrap

with cheese slaw and lettuce
(G,D,S)

Served with a piece of fresh fruit, juice box or water (V)

GOURMET PACKED LUNCH

Includes your choice of two sandwiches OR two wraps from the selection above, plus all of the following items:

A piece of Fresh Fruit

(V)

Juice Box or Water

(V)

Blueberry Muffin

(allergen information on the packet)

Chocolate Bar

(allergen information on the packet)

Packet of Crisps

(allergen information on the packet)

SF Super Food

 Vegan

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

(V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.