

### Pickled and cured £12

Change one dragging

Choose five salad items			
Carrot ribbons	kcal 26		
Shaved fennel	kcal 48		
Cherry tomatoes	kcal 17		
Cauliflower soil	kcal 12		
Pak choi	kcal 10		
Cucumber ribbons	kcal 6		
Burnt peppers	kcal 96		
Olive oil new potatoe	s kcal 49		
Chargrilled baby gen	ı kcal 3		
Mixed leaves	kcal 4		
Iceberg	kcal 1		
Avocado	kcal 126		

Spinach

Kale

(	Inoose one aressing	
I	Honey mustard	kcal 79
ŀ	Balsamic dressing	kcal 36
5	Soy and sesame	kcal 78
(	Coriander and rocket	kcal 181
I	Rapeseed oil	kcal 41
(	Olive oil	kcal 177
I	Pomegranate dressing	kcal 61
Ι	Lime and Greek yoghurt	kcal 44
I	Pumpkin and sunflower seed	kcal 343

Choose one protein	
Chargrilled chicken	kcal 150
Spiced pulled salmon	kcal 206
Chargrilled goat's cheese	kcal 202
Rosemary feta	kcal 236
Ham	kcal 290
Vegan feta	kcal 199

## Stone baked pizzas

kcal 6 kcal 29

Chicken and chorizo, confit peppers kcal 1248 £15

Smoked salmon, rocket with crème fraiche kcal 1111 **£16** 

Classic Margherita (v) kcal 980 £13

All pizzas are served with a garden salad

# **Sandwiches**

Toasted ham and cheese £8
kcal 563
Brie and bacon £8
kcal 503
Smoked salmon and honey mustard £9
kcal 435
Pepper, avocado and baby gem £7
kcal 434
Chicken Caesar £8
kcal 490

## All-day breakfast

Quaker porridge oats £3
kcal 166
Ham and cheese croissant £4
kcal 574
Fresh fruit pot £3
kcal 48
Yoghurt and granola pot £3
kcal 228

Toast and preserves, white or brown bread £3 kcal 469

Omelettes with cheese, tomato, ham or mushroom £7 kcal 753

Crushed avocado, toasted sourdough, poached eggs £7 kcal 368

Smoked salmon, scrambled eggs, toasted sourdough £9 kcal 596

#### A discretionary service charge of 10% will be added to your bill.

All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients. If more information about allergens is required, please ask a member of the team. Inclusive of VAT at current rate. Adults need approx. 2000kcal per day.