



Lunch Menu I

Strips of Sirloin Beef Stir-Fry

Sautéed sirloin beef strips, served with grilled bell peppers, tender baby corn, and a vibrant salsa verde. Accompanied by fluffy steamed basmati rice.

Vegan 3 Bean Chilli

A hearty mix of black beans, kidney beans, and chickpeas in a smoky, spiced tomato sauce.

Served with fluffy Basmati Rice

Broccoli, Cherry Tomato & Feta Salad

Fresh broccoli florets tossed with juicy cherry tomatoes, crumbled feta cheese, and a light lemon vinaigrette.

Tomato & Basil Soup

A comforting, velvety tomato soup infused with fresh basil and a hint of garlic.

Served with crusty bread on the side

Fruit Salad of the Day

A refreshing medley of seasonal fruits, perfect for a light and healthy dessert



Lunch Menu II

Thai-Infused Chicken Curry

Grilled chicken breast served alongside tender stem broccoli, paired with a rich Thai-infused coconut sauce flavoured with lemongrass, ginger, and fresh herbs on the side.

Served with wholesome wholegrain rice.

Vegan Jambalaya

A hearty, plant-based version of the classic Cajun dish, with vibrant vegetables and spices.

Served with wholegrain rice or rice noodles.

Cucumber, Apple & Radish Salad

A refreshing medley of crisp cucumber, sweet apple, and zesty radish, tossed in a light citrus dressing.

Leek, Pea & Watercress Soup

A smooth and nutritious blend of fresh leeks, peas, and peppery watercress, perfect as a light starter.

Fruit Salad of the Day

A daily selection of fresh, seasonal fruits for a naturally sweet finish.



Daily Salads & Light Lunches

Please order 1 hour in advance, if possible.

Baby Leaf Salad

A fresh mix of tender baby salad leaves, served with your choice of dressing on the side for a light and healthy option.

Traditional Caesar Salad

Crisp Romaine lettuce, crunchy croutons, shaved Parmesan cheese, and a classic Caesar dressing, perfectly balanced for a timeless favourite.

Steamed Greens

A nutritious medley of steamed asparagus, tender stem broccoli, and crisp green beans, offering a simple yet flavourful side dish.

Add Protein to Any Salad

Enhance your salad with a protein of your choice from our cold meats and other options:

Chicken

Salmon



Tofu

Beef

Turkey

Tuna

Egg

Smoked Salmon

Toasties & Fresh Sandwiches

Your choice of ham, beef, turkey, or fresh salad, served in toasted or soft sandwich bread, perfect for a quick and satisfying bite.

Bagel with Cream Cheese & Filling of Choice

A classic bagel with smooth cream cheese, customized with your choice of fillings, including raw red onion, relish, crispy bacon, salad leaves, or any of the proteins listed above.