

• SALAD MENU •

Salad box	£6.50
Salad box with meat, chicken or fish	£9.50

Monday

Pan fried thai flavoured salmon fillet

- Broccoli, quinoa, fresh chilli, garlic crisps and toasted almond flakes
- Pak choi, ribbons of carrots, julienne of spring onions, sprouting beans, with a sweet ginger and soy dressing

Tuesday

Salt beef

- Heritage tomatoes, burrata, fresh basil and toasted pine nuts with a rustic pesto
- Little gem wedges with a spicy yoghurt dressing and crispy bacon bits

Wednesday

Marinated lemon, garlic, fresh herbs char grilled chicken breast

- Panzanella
- Ribbons of fennel, cucumber, carrot, rocket with almond nibs and with a lemon dressing

Thursday

Pulled lamb Shoulder with a fresh mint and cashew nut pesto

- Roast sweet potato with rosemary and garlic and fresh chilli
- Chick pea, feta cheese, pomegranate seeds with fresh mint and herbs and a light chilli

Friday

Garlic Mediterranean prawns

- Caesar salad with shavings of parmesan, crispy prosciutto and homemade crusty croutons with a homemade Caesar dressing
- Red vine tomatoes with shaved red onion and green olives and a light balsamic dressing