

BREAKFAST MENU

Cooked Breakfast

Cumberland sausage, Glamorgan vegetarian sausages, Denhay smoked back bacon, grilled tomatoes, sautéed mushrooms, hash browns, waffles, pancakes. Baked beans and eggs cooked to order

Omelette Bar

Build your own omelette:

Spinach, cheese, ham, roasted peppers, onions, mushrooms, tomato

We also have a toast station, porridge, cereals and yoghurt & fruit bar available daily in The Exchange Kitchen, freshly baked pastries and breakfast pre-mades in The Exchange Café.

Thursday specials

Eggs Benedict & Eggs Florentine

PLEASE NOTE: If you suffer from severe food allergies or have any questions please speak to a member of our team.

Please feel free to contact us at cateringfeedback@hsf.com

LUNCH MENU

Market Special

Burrito bowls - Chipotle chicken, beef, chilli sin carne quinoa, black beans, cheese, tomato, corn, pickled onion, pickled cabbage, sauces, salsas & toppings

Bistro

Teriyaki chicken, sesame noodles, baby corn, mange tout & peppers

Planted

Zaatar spiced cauliflower steak, herb bulgur wheat, middle eastern slaw, hummus & tzatziki

Hot Sandwich/Snack

Pork & apple sausage roll, caramelised onion chutney & watercress salad

Seasonal Sides

Spring onions & bok choy

Sesame roasted sweet potato

Soup

French onion

Beef & barley

Big Bowl Salads

Sweet potato, pinto bean, mixed pepper, parsley & lime dressing

Butternut squash, chickpea, spinach & toasted seed salad

Italian pasta salad, pesto, tomato, balsamic onion, olive & basil

PLEASE NOTE: If you suffer from severe food allergies or have any questions please speak to a member of our team.

Please feel free to contact us at cateringfeedback@hsf.com

LUNCH MENU

Market Special

Caesar salad bar - lemon & herb sea trout, chicken or halloumi, lettuce, tomato, herb potatoes, soft boiled egg, Caesar dressing & ciabatta croutons

Bistro

Shepherds pie, roasted carrots, savoy cabbage & peas

Planted

Green Thai tofu curry, coconut rice, nappa cabbage, bok choy & sugar snaps

Hot Sandwich/Snack

Korean chicken wings, pickled cucumber & sesame

Seasonal Sides

Maple roasted parsnips

Steamed broccoli

Soup

Tomato & basil

Ham & leek

Big Bowl Salads

Sweet potato, pinto bean, mixed pepper, parsley & lime dressing

Butternut squash, chickpea, spinach & toasted seed salad

Italian pasta salad, Pesto, tomato, balsamic onion, olive & basil

PLEASE NOTE: If you suffer from severe food allergies or have any questions please speak to a member of our team.

Please feel free to contact us at cateringfeedback@hsf.com

LUNCH MENU

Market Special

Chermoula roast chicken thighs or chermoula cauliflower steak, lemon & herb mixed grains, pickled red cabbage, chickpea, carrot & kale, herb yoghurt & houmous

Bistro

Vietnamese lemon grass chicken, peanut & mint summer slaw, garlic & ginger rice & spring onion

Planted

Tomato, basil & mozzarella pasta, roasted Mediterranean vegetables, garlic ciabatta, rocket & parmesan salad

Hot Sandwich/Snack

Loaded sour cream, bacon & chive potato skin, green salad & ranch dressing

Seasonal Sides

Lime & chilli corn on the cob

Glazed napa cabbage wedges

Soup

Broccoli stalk

Chicken laksa

Big Bowl Salads

Roast beetroot, goats' cheese, spinach & toasted pumpkin seed

Soybean, carrot, mangetout & cucumber noodle salad

Potato, gherkin, dill & parsley salad, lemon mayo dressing

PLEASE NOTE: If you suffer from severe food allergies or have any questions please speak to a member of our team.

Please feel free to contact us at cateringfeedback@hsf.com

LUNCH MENU

Market Special

Fajita chicken wrap or halloumi wrap, peppers & onions, tomato cucumber & red onion salad, paprika & lemon potato salad, sour cream, salsa, spring onions & chipotle mayo

Bistro

Battered or breaded Haddock, steak cut chips, tartare sauce, lemon, battered sausage, scampi & curry sauce

Soup

Carrot & coriander

Big Bowl Salads

Chefs' choice salads

PLEASE NOTE: If you suffer from severe food allergies or have any questions please speak to a member of our team.

Please feel free to contact us at cateringfeedback@hsf.com

LUNCH MENU

Market Special

Bistro

Battered or breaded Haddock, steak cut chips, tartare sauce, lemon, battered sausage, scampi & curry sauce

Seasonal Sides

Garden & mushy peas

Soup

Sweet potato & coriander

Big Bowl Salads

Chefs' choice

PLEASE NOTE: If you suffer from severe food allergies or have any questions please speak to a member of our team.

Please feel free to contact us at cateringfeedback@hsf.com

DINNER MENU

Planted

Tuesday: Lentil and tomato bolognaise, spaghetti, garlic bread, rocket & parmesan salad

Wednesday: Piri piri chicken burger Cajun fries, coleslaw, sesame bun, tomato, lettuce & lemon mayo

Thursday: Paneer & red lentil dhansak curry, pilaf rice, naan bread & mango chutney, kachumber salad

Bistro

Tuesday: Beef bolognaise, spaghetti, garlic bread, rocket & parmesan salad

Wednesday: Piri piri bean burger, Cajun fries, coleslaw, sesame bun, tomato, lettuce & lemon mayo

Thursday: Lamb & red lentil dhansak curry, pilaf rice, naan bread & mango chutney, kachumber salad

Seasonal sides

Tuesday: Balsamic roasted red onions. Mixed tomato & olives

Wednesday: Garlic & tarragon mushrooms. Corn on the cob

Thursday: Spinach, chickpea & potato saag aloo. Nigella & mint courgettes

Soup:

Seasonal Soup

PLEASE NOTE: If you suffer from severe food allergies or have any questions please speak to a member of our team.

Please feel free to contact us at cateringfeedback@hsf.com