

## 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



# LUNCH MENU

## Market Special

Greek style chicken thighs or Greek style halloumi, salad & flat bread

## Bistro

Tomato, basil & Mozzarella pasta, garlic bread & salad

## Planted

Chilli sin carne & sweetcorn rice

## Hot Sandwich/Snack

Bratwurst hot dog

## Seasonal Sides

Balsamic onions

Lemon & paprika fennel

## Soup

Butternut squash & sage

Miso

## Big Bowl Salads

Potato & bean

Mixed tomatoes

Sweet potato, chickpeas, spinach, mint & coriander

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

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# LUNCH MENU

## Market Special

Piri Piri chicken thighs or stuffed portobello mushroom, roasted vegetables & spicy rice

## Bistro

Pork & apple sausage or plant-based sausage, mashed potatoes & gravy

## Planted

Squash, cauliflower, potato & houmous bowl

## Hot Sandwich/Snack

Cheese, pepper & black bean quesadilla

## Seasonal Sides

Green beans & parsley butter

Cauliflower cheese

## Soup

Mushroom & tarragon

Vegetable & beef

## Big Bowl Salads

Potato & bean

Mixed tomatoes

Sweet potato, chickpeas, spinach, mint & coriander

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# LUNCH MENU

## Market Special

Korean fried chicken or tofu bao buns, fries & slaw

## Bistro

Green harissa chicken leg, pickled cabbage & cous cous

## Planted

Mushroom Bolognese

## Hot Sandwich/Snack

BBQ pulled pork bun

## Seasonal Sides

Aubergine wedges

Harissa spiced carrots

## Soup

Tomato & basil

Ham & leek

## Big Bowl Salads

Potato & bean

Mixed tomatoes

Sweet potato, chickpeas, spinach, mint & coriander

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# LUNCH MENU

## Market Special

Lebanese chicken or oregano steak, salad & flat bread

## Bistro

Satay pork patty & Thai style noodles

## Planted

Cauliflower tikka masala, rice & fried flat bread chips

## Hot Sandwich/Snack

Sweet & smoky chicken wings

## Seasonal Sides

Sweet potato & sugar snaps

Thai style corn on the cob

## Soup

Green pesto minestrone

Chicken laksa

## Big Bowl Salads

Caesar salad

Thai style Asian slaw

Roasted cauliflower, aubergine, radish & pickled onion

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# LUNCH MENU

## Market Special

Jerk chicken or jerk jackfruit wrap, fries & salad

## Bistro

Battered or breaded haddock, steak cut chips, tartare sauce & lemon

## Seasonal Sides

Garden peas

Mushy peas

## Soup

Chefs' choice

## Big Bowl Salads

Caesar salad

Thai style Asian slaw

Roasted cauliflower, aubergine, radish & pickled onion

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## DINNER MENU

### Planted

**Monday:** Thai tofu curry, steamed rice, broccoli & carrot

**Tuesday:** Butternut squash tagine, cous cous & houmous

**Wednesday:** Halloumi Nicoise salad

**Thursday:** Piri Piri aubergine, macaroni cheese, sweet potatoes & slaw

### Bistro

**Monday:** Thai chicken curry, steamed rice, broccoli & carrot

**Tuesday:** Braised lamb tagine, cous cous & houmous

**Wednesday:** Chicken Nicoise salad

**Thursday:** Piri Piri chicken, macaroni cheese, sweet potatoes & slaw

### Seasonal sides

**Monday:** Napa cabbage & spring onion

**Tuesday:** Harissa roasted aubergine

**Wednesday:** French fries

**Thursday:** Roasted cauliflower

### Soup: Chef's choice

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