## LUNCH SET MENU

## £ 30

## includes a soup, salad and main

## SOUP OF THE DAY

(ask your server)

SALAD<br>Choice of

290 kcal Caesar<br>(Dairy, Egg, Fish, Gluten, Mustard, Sulphites)<br>${ }_{65} \mathrm{kal}$ Mixed leaf<br>(Gluten, Egg, Mustard, Sulphites)

65 kal Rocket
(Gluten, Egg, Mustard, Sulphites)
225 kcal Superfood
(Dairy, Egg, Gluten, Mustard, Sulphites)
Add chicken, prawns or goat cheese to your salad - $£ 3$

## MAIN

Choice of
390 kcal Fish and chips
(Dairy, Egg, Fish, Gluten, Mustard, Sulphites)
430 kal Butter chicken Masala
(Celery, Dairy, Gluten, Mstard, Sesame)
Today's special (ask your server)

Create your own pasta (See back of the menu)


## CREATE YOUR OWN PASTA

## CHOOSE ONE: PASTA

Linguini, penne, pumpkin ravioli, spaghetti, fregola, macaroni, gluten free penne

## CHOOSE ONE: SAUCE

Pesto, arrabbiata, garlic cream, garlic olive oil, bolognese, marinara, vegan pesto, red pepper, puttanesca, blue cheese, plain tomato

## CHOOSE UP TO THREE: TOPPINGS

Roasted peppers, confit mushrooms, asparagus, roasted cherry tomatoes, cauliflower, tenderstem broccoli, mozzarella, asparagus, artichokes, collard greens

## ADD YOUR PROTEN

Salmon, cod, prawns, chicken, meatballs, plant-based chicken
(From 160 kcal, pastas may contain Celery, Crustaceans, Dairy, Eggs, Fish, Gluten, Mustard, Nuts, Sesame, Sulphites)

