



May's Daily Specials

Week starting the 7th May



Monday

07/05

Tuesday

08/05

Wednesday

09/05

Thursday

10/05

Friday

11/05

**Edgy
Veggie
Speciality
Salad
(V)**

Bank
Holiday

Jewelled Pear
Barley

Green Harissa
Roasted
Vegetables

Lentil,
Beetroot &
Goats Cheese

Halloumi,
Blush Tomato,
Radish & Basil

**Power
Protein
Speciality
Salad**

BBQ Lamb
with Chilli
Spiced
Courgettes

Crab,
Pineapple,
Coconut &
Gem

Chilli Beef,
Black Bean &
Rice Noodles

Moroccan
Chicken with
Chickpeas &
Peppers



May's Daily Specials

Week starting the 14th May



Monday

Tuesday

Wednesday

Thursday

Friday

14/05

15/05

16/05

17/05

18/05

**Edgy
Veggie
Speciality
Salad
(V)**

Smoky
Aubergine
Salad

Red & White
Rice, Carrots,
Cashew Nuts,
Spring Onions
& Curry Oil

Ricotta, Pea,
Broad Bean &
Pesto Pasta
Salad

Spiced Turnip,
Baby
Spinach, Red
onion,
coriander &
Yogurt

Roast
Cauliflower
with Tahini &
Pomegranate

**Power
Protein
Speciality
Salad**

Crispy Lamb
Chickpeas &
Feta

Roasted Duck
Breast with
Cucumber,
Apples,
Vermouth &
Honey
Dressing

Grilled Rare
Tuna with
Charred
Water Melon
& Spring
Onions

Spicy Chicken
with Giant
Cous Cous

Smoked Trout
with Pickled
Onions &
Samphire



May's Daily Specials

Week starting the 21st May



Monday

21/05

Tuesday

22/05

Wednesday

23/05

Thursday

24/05

Friday

25/05

**Edgy
Veggie
Speciality
Salad
(V)**

Chopped
Salad with
Sumac Yogurt

Herby
Freekeh
with Baby
Artichokes

Grilled &
Pickled
Aubergine
with Torn
Mozzarella

Spiced
Quinoa,
Cauliflower,
Pine Nut &
Blue Cheese

Watermelon,
Cucumber
and Pickled
Strawberry

**Power
Protein
Speciality
Salad**

Flageolet &
Bacon

Singapore
Chilli Crab
with Egg
Noodles &
Bean Sprouts

Pulled Salt
Beef & Lentils

Thai Lamb
with Spring
Onions,
Cucumber &
Coriander

Harissa
Chicken,
Chick Pea &
Couscous



May's Daily Specials

Week starting the 28th May



Monday

28/05

Tuesday

29/05

Wednesday

30/05

Thursday

31/05

Friday

01/06

**Edgy
Veggie
Speciality
Salad
(V)**

Bank
Holiday

Grilled
Halloumi,
Carrot, Chilli
Gem &
Sesame
Seeds

Lightly Spiced
Broccoli with
Ginger &
Black Beans

Spicy
Mexican
Bean Salad

Shaved
Fennel,
Orange &
Maple
Dressing

**Power
Protein
Speciality
Salad**

Spiced Breast
of Duck
Steamed Bok
Choy &
Umeboshi
Sauce

Vanilla Cured
Salmon with
Charred
Cucumber

Vietnamese
Honey Pork &
Glass
Noodles

Rare Roast
Beef with
Pickled
Shallots,
Watercress &
Creamed
Horseradish