SAMPLE WORKING LUNCH MENU

Freshly prepared soups and sandwiches
Wholemeal baguette, British chicken, Caesar dressing, cos leaves
Tortilla wrap, roasted vegetables, houmous
Homemade vegetable and lentil soup

Colourful salads
Smoked Hampshire trout salad, watercress, cucumber, tomato
Wholewheat cous cous salad, butternut squash, chestnuts

Healthy and hearty
Mini British chicken and ham pie
Quorn fajitas, guacamole, soured cream

A little treat
Banana and toffee shot
Sliced fruits

BREAKS
Morning pick-me-up
Bircher muesli
Freshly baked cheese twists

Afternoon reviver
Homemade fruity flapjack
Oven baked churros

Help yourself all day to:
Fruit, freshly baked cookies, nuts, seeds, dried fruits

EAT WELL. WORK WELL.
SAMPLE RESTAURANT
LUNCH MENU

Colourful salads
Mixed leaves, tomatoes, cucumber, grated carrot, sliced beetroot, vegetable crudités
Houmous, mixed grains
Roast salmon and quinoa salad
British chicken salad, carrot, sugar snaps and soya beans
Salad dressings and toppings

Healthy and hearty
Homemade vegetable and lentil soup
Grains, lentils and quinoa
Bread selection
Outdoor reared leg of pork, crispy crackling, apple sauce. Gravy
Stir fry: Vegetables, chicken strips, tofu, noodles, sweet chilli or soya sauce
Grilled Cornish sardine fillets, chickpeas, lemon and cherry tomatoes
Vegetable and puy lentil one pot stew. Rice
Roasted new potatoes
Tender stem broccoli, carrots

A little treat
American pancakes, fruit coulis, honey, maple syrup, fruit salad,
half-fat Greek-style yoghurt
Forest fruit and pear gratin
Carrot cake
Greek yoghurt and mango
Eton Mess

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Freshly baked cheese twists

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