

EAT
CENTRAL

CLASSIC

Monday

Hot chicken madras with brown rice & cucumber raita
305g - 547 Kcal - £4.30

Tuesday

Colemans mustard & honey glazed gammon with sauteed greens, carrots, Marmite roasted new potatoes served with lashings of gravy
400g - 652 Kcal - £4.30

Wednesday

Lemon and thyme roasted turkey breast, garlic roasties, honey parsnips and carrots, roasted cauliflower and turkey gravy
520g - 880 Kcal - £4.30

Thursday

Brisket of beef served with garlic roasties, carrots, creamed leeks & lashings of gravy
585g - 754 Kcal - £4.30

Friday

Hand battered line caught fillet of fish served with seasoned chips and mushy peas
515g - 947 Kcal

GAUCHO GRILL

Monday

Healthier Choice

Warm winter chicken & chorizo salad with lentils, tossed green beans & roasted paprika peppers
228g - 568 Kcal - £4.30

Tuesday

Chipotle chicken or paneer burger with red cabbage and apple & pomegranate slaw & a pinch of fries

Wednesday

Texas style BBQ brisket or ‘mock brisket’ sub, slow cooked in a rich jus, topped with emmental cheese served with seasoned fries

Thursday

Greek Gyros

Fully loaded chicken or mushroom gyros served in a warm flatbread with fresh salad, pickled cabbage, minted yogurt and chilli sauce, all wrapped up with a handful of seasoned fries

Friday

Omelette Bar

3 egg omelette filled with a selection of fillings, served with fresh salad and either buttered new potatoes or french fries

STONE

Pizza of the week

Pepperoni | Mushroom | Pineapple
Chicken | Mozzarella | Sweet Corn | Jalapeno
All pizzas served with a dressed side salad, fresh basil & drizzled infused olive oil

Flatbreads & Disco fries

Chicken Shawarma Flatbread
Topped disco fries | Satay, Katsu, Mexican Chilli, Cheese Sauce, Louisiana, Korean
£4.30 - Carnivore | £3.78 - Herbivore

Nacho Tuesday

Chilli beef or Vegan chilli topped Nachos with sour cream and a rustic guacamole
350g - 420 Kcal - £4.30 - Carnivore
344g - 228 Kcal - £3.78 - Herbivore

PLANT POWER

Monday

Salt n pepper tofu with a sweet & sticky sauce served with crunchy vegetables and brown rice
420g - 670 Kcal - £3.78

Tuesday

Sweet potato, corn and bean burrito, avocado salsa & vegan sour cream
374g - 632 Kcal - £3.78

Wednesday

Black History Month

Shakalaka stew topped with peri peri tofu
350g - 616 Kcal - £3.78

Thursday

Chana daal, housemade garlic chilli naan, mango coriander salsa
380g - 515 Kcal - £3.78

SOUP

Monday

Roasted leek & potato soup | 225g - 105 Kcal - £1.00

Tuesday

Winter vegetable & cheddar | 225g - 135 Kcal - £2.00
Miso broccoli & sesame | 225g - 91 Kcal - £1.00

Wednesday

Celeriac & bacon | 225g - 185 Kcal - £2.00
Sweetcorn & chilli chowder | 225g - 109 Kcal - £1.00

Thursday

Roasted red pepper soup | 225g - 98 Kcal - £2.00
Mushroom & thyme | 225g - 115 Kcal - £1.00

Friday

Tomato & sage | 225g - 80 Kcal - £1.00

All vegetable soups are suitable for Vegans

THE VAN

Tuesday

Pork & sesame lemongrass meatballs with red Thai sauce & sticky rice
400g - 661 Kcal - £4.30

Wednesday

Black History Month

Mozambique style peri peri chicken with jollof rice
400g - 671 Kcal - £4.30

Thursday

Sticky Korean sesame coated pork with bibimbap rice & kimchi
335g - 734 Kcal - £4.30

DESSERT

Tuesday

Baked apple crumble served with vanilla custard
250g - 608 Kcal - £1.73

Wednesday

Chocolate brownie served with creme fraiche
225g - 588 Kcal - £1.73

Thursday

Sticky toffee pudding with double cream
250g - 620 Kcal - £1.73