

NHS Hack Day 27
Chelsea and Westminster Hospital

MENU

Saturday 12th October 2024




Chicken Sliders



Grilled chicken thigh, mint, parsley & garlic yoghurt, halloumi, roasted red peppers, rocket, brioche bun.

Chicken Thigh, (thyme, parsley, garlic, chilli, ginger, coriander, paprika, tomato paste, lemon zest, salt, pepper, olive oil) Brioche Bun (Wheat flour Egg) Halloumi (Milk), mint, yogurt (Milk), roasted red pepper, rocket

-  Halal
- **Allergens:** *Gluten, Eggs, Milk, Wheat (Gluten)*

Beef Sliders



100% Prime beef burger with gherkin & relish in a brioche bun

Beef mince (Mustard, ketchup) relish, rocket, gherkin, slider bun (Egg, Wheat flour)

-  Dairy Free
-  Halal
- **Allergens:** *Gluten, Eggs, Mustard, Wheat (Gluten)*






Veggie Sliders



Homemade sweet potato and lentil kofta with hummus & roasted red peppers served in a brioche bun

sweet potato, onion, parsley, garlic, salt, olive oil, roasted red pepper, rocket, Brioche Bun (Wheat flour Egg)

-  Vegetarian
-  Dairy Free
-  Halal
- **Allergens:** *Gluten, Eggs, Sesame, Wheat (Gluten)*

Filo Pie



Filo pastry (wheat), milk, egg, sesame, cauliflower, parsley, feta cheese (Milk), spring onion, Potato

- **Allergens:** *Gluten, Eggs, Milk, Sesame*

Frittata



Potato, kale, red Pepper, feta Cheese (Milk) ,Egg

-  Gluten Free
- **Allergens:** *Eggs, Milk*

Filo Pie



Filo pastry (wheat), milk, egg, sesame, cauliflower, parsley, feta cheese (Milk), spring onion, Potato

- **Allergens:** *Gluten, Eggs, Milk, Sesame*

Frittata



Potato, kale, red Pepper, feta Cheese (Milk) ,Egg






-  Gluten Free
- **Allergens:** *Eggs, Milk*

Potato and Green Beans



Roasted baby potato and fine green beans, white sesame seeds & rocket sauce

Roasted baby potato and fine green beans, white sesame seeds, salt, pepper, lemon juice, olive oil, rocket sauce : mixed olives, white wine vinegar (Sulphur dioxide), Dijon mustard, salt, pepper, olive oil, lemon juice

-  Vegetarian
-  Vegan
-  Gluten Free
-  Dairy Free
-  Halal






• **Allergens:** Mustard, Sesame, Sulphur

Carrot and Parsnips Salad



.Carrot and parsnips Salad

Carrot, Parsnips, Roasted chickpeas , Garlic, Chilli Flakes , Coriander, Salt, Pepper, olive oil, Pomegranates molasses






-  Vegetarian
-  Vegan
-  Gluten Free
-  Dairy Free
-  Halal

Cauliflower & Brussel Sprouts



Cauliflower & brussels sprouts Salad

Cauliflower, brussels sprouts, Pomegranates , turmeric powder, Cranberry , almond flakes (Nuts) ,Parsley, Salt, Pepper, Lemon juice, olive oil, Dill, mint.

-  Vegetarian
-  Vegan
-  Gluten Free
-  Dairy Free
-  Halal
- **Allergens:** Nuts

Butternut Squash Salad



Butternut squash, red quinoa, feta cheese, crispy onion, mint & parsley dressing

butternut squash, red quinoa, feta cheese (milk),crispy onion, mint & parsley, olive oil

-  Vegetarian
-  Gluten Free
-  Halal

• **Allergens:** Milk, Wheat (Gluten)

Pulled Lamb & Sweet Potato



Slow cooked pulled lamb on roasted sweet potato

Sweet potato, lamb, onion, red cooking wine (sulphur dioxide), rosemary, thyme, mint, coriander, red chilli, cardamon, sumac, salt, pepper, tomato paste, cumin, pomegranate molasses, olive oil, chilli flakes, lemon zest, ,

-  Gluten Free
-  Dairy Free
- **Allergens:** Sulphur

Pulled Lamb & Sweet Potato



Slow cooked pulled lamb on roasted sweet potato

Sweet potato, lamb, onion, red cooking wine (sulphur dioxide), rosemary, thyme, mint, coriander, red chilli, cardamon, sumac, salt, pepper, tomato paste, cumin, pomegranate molasses, olive oil, chilli flakes, lemon zest, ,






-  Gluten Free
-  Dairy Free
- **Allergens:** Sulphur

Sweet Potato & Chickpea Salsa



Roasted sweet potato topped with chickpeas salsa and tahini,

Sweet potato, chickpeas, tomato, onion, red pepper, parsley, tahini (sesame), salt, pepper,






-  Vegetarian
-  Vegan
-  Gluten Free
-  Dairy Free
-  Halal
- **Allergens:** Sesame

Sweet Potato & Chickpea Salsa



Roasted sweet potato topped with chickpeas salsa and tahini,

Sweet potato, chickpeas, tomato, onion, red pepper, parsley, tahini (sesame), salt, pepper,

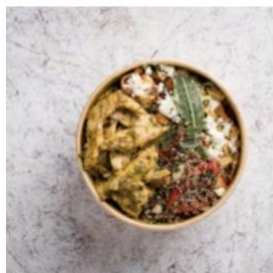
-  Vegetarian
-  Vegan
-  Gluten Free
-  Dairy Free
-  Halal
- **Allergens:** Sesame

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MENU

Sunday 13th October 2024

Chicken Lunch Bowl

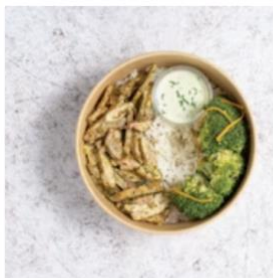


Assortment of two salads topped with Chicken salsa Verde. Salads consist of Carrot & Parsnip Salad, Red Quinoa Salad

chicken, rocket, garlic onion, Carrot, Parsnips, Roasted chickpeas , Garlic, Chilli Flakes , Coriander, Salt, Pepper, olive oil, Pomegranates molasses, Red Quinoa, roasted red pepper, parsley, spring onion, cannellini beans, pomegranate, salt, pepper, lemon, olive oil, white wine vinegar (Sulphur Dioxide)

-  Gluten Free
-  Dairy Free
-  Halal
- **Allergens: Sulphur**

Chicken Rice Bowl



"Chicken salsa verde, coconut rice with chickpeas and green peas with garlic mint yogurt.

"chicken, basil, mint, parsley, lemon, red chili, salt pepper, olive oil, rice, chickpeas, green peas, garlic, mint, yogurt (Milk)

-  Gluten Free
-  Halal
- **Allergens: Milk**

Vegan Lunch Bowl

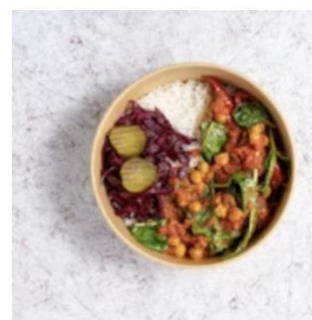


Assortment of three salads topped with Vegan Kofte Balls. Salads consist of Carrot & Parsnip Salad, Red Quinoa Salad





sweet potato, bread crumb (wheat flour) onion, parsley, garlic, salt, olive oil, Carrot, Parsnips, Roasted chickpeas , Garlic, Chilli Flakes , Coriander, Salt, Pepper, olive oil, Pomegranates molasses, Red Quinoa, roasted red pepper, parsley, spring onion, cannellini beans, pomegranate, salt, pepper, lemon, olive oil, white wine vinegar (Sulphur Dioxide)

-  Vegetarian
-  Vegan
-  Dairy Free
-  Halal
- **Allergens: Sulphur, Wheat (Gluten)**

Vegan Rice Bowl



Rice, chickpeas, tomato, onion, red pepper, parsley, cabbage, gherkin (Mustard), spinach

-  Vegetarian
-  Vegan
-  Dairy Free
-  Halal