

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 crudité's
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

Afternoon reviver

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Oven baked churros

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