

# Food

## Soup

ALWAYS VEGAN, ALWAYS DELICIOUS!

**CHEF'S HOMEMADE SOUP OF THE DAY** VG GFO **5.95**

PLEASE ASK A MEMBER OF THE TEAM FOR TODAY'S DELICIOUS FLAVOUR - GLUTEN FREE OPTION AVAILABLE

## Sandwiches

SIMPLE AND DELICIOUS - MADE USING BLOOMER BREAD FROM PORTREATH BAKERY

**WESTCOUNTRY CHEDDAR** 565kcal V **5.25**

**CORNISH HAM** 330kcal **5.50**

**FREE-RANGE EGG AND WESTCOUNTRY CHEDDAR** 579kcal V **5.50**

**CORONATION CHICKPEA SANDWICH** 449kcal VG **5.50**

**TERIYAKI CHICKEN WRAP** 447kcal **6.50**

CHICKEN MARINATED IN A SESAME AND SOY DRESSING WITH CRUNCHY CABBAGE AND CARROT SLAW

## Poke Bowl

A WHOLESOME SALAD CONSISTING OF RICE, SOYA BEANS, PICKLED VEGETABLES, SESAME DRESSING AND A CHOICE OF:

**TERIYAKI TOFU** 790kcal VG GF **8.75**

**TERIYAKI CHICKEN** 670kcal GF **9.25**

ADULTS NEED AROUND 2000 KCAL A DAY. KCAL VALUES ARE FOR THE DISH AS DESCRIBED.

PLEASE ASK A MEMBER OF OUR TEAM IF YOU HAVE ANY DIETARY REQUIREMENTS OR NEED ASSISTANCE WITH THE MENU.

VG **VEGAN** V **VEGETARIAN** GF **GLUTEN FREE** GFO **GLUTEN FREE OPTION AVAILABLE**