

BREAKFAST



Selection of freshly made smoothies
Selection of bread, sourdough,
Focaccia, and seeded
Breakfast banana bread
Courgette and almond cake
Lemon and poppy seeds cake
Homemade jam, spreads

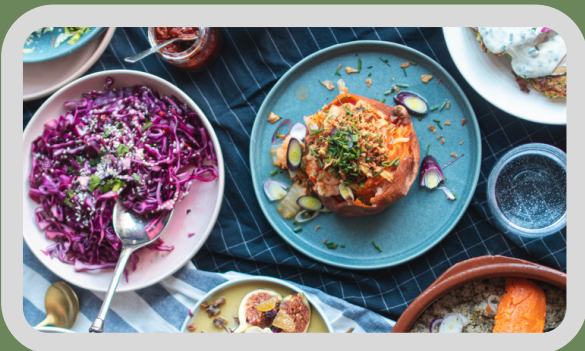
LUNCH



Warming coconut and lime lentil
dhal, with roasted sweet potatoes,
handmade parathas and selection of
salads and pickles

Packed:

Handmade sausage rolls
Sourdough sandwiches with home
made 'chicken', Caesar dressing,
crispy lettuce
Handmade rye and seeds crackers
Spiced apple and pear cake
Raw energy balls



DINNERS

Nourishing and comforting best
vegan cottage pie- long cooked
lentil based ragout, fluffy 'cheezy'
mash potatoes, garden salad

Wild mushroom pearl barley 'risotto',
caramelised savoy cabbage, crispy
garlic toast

Beet bourignon- vegan take on
French classic, rich and deep in
flavour beetroot stew, with root
vegetables rosti

