

Mshed

All served with a selection of bread (sourdough, pitta, focaccia) with vegetable hummus and olive oil dip (ve) and sweet potato wedges (ve)

Salads

Please choose 1

Quinoa super salad (ve)

Roast carrot, hazelnut, harissa and rose petal salad (ve)

English spelt, celeriac & pear salad (ve_)

Fattoush salad (ve)

Mains

Please choose 2

Chicken & mango, tahini dressing, soba noodles

Ras el hanout roasted squash, feta & toasted pumpkin seeds (NCGI)

Ways to be well Kedgeree (NCGI)

Shredded duck, sour cherry molasses, tahini yogurt, pickled red onion & almond flatbreads

Harissa chicken flatbread

Smoked tomato and paprika Falafel (ve) (NCGI)

Mac & cheese, smoked tomatoes

Grilled broccoli, golden raisins, pine nuts & chilli oil (ve) (NCGI)

Dessert

Please choose 1

Lemon posset, almond crunch (NCGI)

Chocolate tart, crème fraiche, honeycomb

Coconut mousse with passion fruit, lime, and roasted pineapple (NCGI) (VE)



(NCGI) = Non gluten containing ingredients

(v) = vegetarian

(ve) = vegan

Please note that due to seasonality some ingredients are subject to change. We will inform you in advance if this is the case and suggest alternatives if required.