





Meat & Fish: £14.95 Plant based: £13.95

Step 1: Pick your base

Wholegrain rice House grain mix

Step 2: pick your protein

Sweet potato katsu P

Harissa roasted chicken

Seabream with garlic & chilli

Step 3: pick two sides

Glazed aubergine P

Roast broccoli

Corn on the cob

Spiced honey-roaseted butternut squash

Skin-on fries

Please ask for allergen information

Generally, the recommended daily calorie intake is around 2,000 calories a day for an adult

