


nutritious LEAVES  Menu 

Monday Tuesday Wednesday Thursday Friday

The SOUP Kettle

Pea and mint

Creamy smoked haddock chowder
Contains: fish & milk

Miso and rice noodle
Contains: gluten, soya & barley

Hearty root vegetable

Chef's special

TASTY ENTREE

Korean Gojujang chicken
Contains: Gluten & Soya

Beef & Vegetable classic lasagne served with fresh garlic bread
Contains: Gluten, Milk

Braised breast of Turkey with root vegetables and cooking liquor

Gammon Forestiere served with 50/50 rice
Contains: milk

Pressed beef burger in a brioche bun with burger relish
Contains: gluten, Sulphur & celery

VEGGIE LOVERS

Griddled haloumi with flatbread pockets and grilled tomatoes, wild rocket
Contains: gluten & milk

Spinach and Asparagus Frittata
Contains: Egg, Milk

Cheesy layered sweet potato and leek bake
Contains: Milk

Spicy chickpea stuffed Portobello mushrooms
Contains: milk

Corn Nacho's topped with mixed lentils and beans, smothered with cheese & tomato salsa
Contains: Milk,

Light BITES 

Simple pasta spirals with Cajun tomato lentil sauce
Contains: gluten & thyme

Baked potatoes With Mexican spiced turkey
Contains: thyme

Baked potatoes with Sweet chilli tuna
Contains: fish, egg & mustard

50/50 Pasta with Boston beans
Contains: gluten & sulphur

Baked Potatoes served with vegetable Cassoulet

on the SIDE

Sautéed courgettes
Steamed new potatoes
Green beans and peppers

Roast carrots
Sweet corn

Roasted new potatoes
Roasted parsnips

Mixed Salad

Chunky Chips
Sweetcorn
Baked beans

TASTY PUDS

Greek yoghurt sundaes with fruit coulis
Contains: milk

Summer fruit crumble with custard
Contains: gluten & milk

Yoghurt with homemade granola
Contains: milk

Forest berry Smoothie
Contains: milk

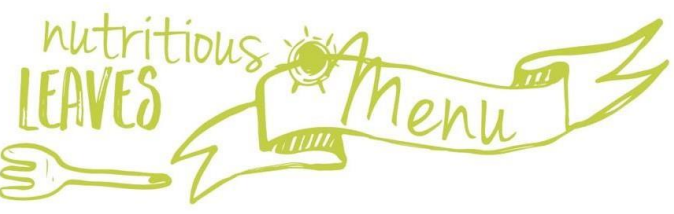
Raspberry ripple ice cream pots
Contains: milk & pork gelati

Gluten free main meal options available daily Salad Bar available everyday

Chunks of fresh fruit and natural yoghurt



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LEAVES



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