



MONDAY

BREAKFAST

ORGANIC YOGHURT  
mulberry, granola

SEASONAL FRUIT  
selection of fruit

CROISSANT  
butter, flour

JUICE  
apple, elderberry

DRIED FRUIT & NUTS  
variety of fruit, mixed nuts

BOILED EGG

LUNCH

CHILI SIN CARNE  
sweet potato, tomato, black bean, koriander, brown rice,  
sour cream, mizuna, spring onion

RED CABBAGE  
apple, raisin, walnut, lime dressing, cumin, land cress

PUMPKIN  
sour cream, granola, mint, dill, parsley

NACHOS  
cornflour, cheese

TRES LECHE  
apricot, hazelnut



TUESDAY

BREAKFAST

OVERNIGHT OATS  
apple, cinnamon, raisin, almond, granola

SEASONAL FRUIT  
selection of fruit

CINNAMON ROLL  
butter, flour

JUICE  
apple, pear, elderflower

DRIED FRUIT & NUTS  
variety of fruit, mixed nuts

BOILED EGG

LUNCH

CIABATTA ROAST BEEF  
onion three ways, little gem, cocktail sauce

CARROT SOUP  
ginger, red onion, harissa, sour cream, pumpkin seed

CHICORY  
hazelnut, salad pea

CHEESE TWISTER  
old cheese

CRACK PIE  
hangop



WEDNESDAY

BREAKFAST

ORGANIC YOGHURT  
pear, dark chocolate, granola

SEASONAL FRUIT  
selection of fruit

COFFEE ROLL  
butter, flour

JUICE  
apple, beetroot, cherry

DRIED FRUIT & NUTS  
variety of fruit, mixed nuts

BOILED EGG

LUNCH

PUMPKIN LASAGNE  
tomato sauce, mushroom, bechamel, old cheese,  
rucola, cherry tomato, hazelnut

BROCCOLI  
radicchio, chili

PANZANELLA  
tomato, capers, basil, parsley

PETIT PAIN  
sourdough

TARTELETTE  
walnut, apple, caramel, lemon creme fraiche



THURSDAY

BREAKFAST

OVERNIGHT OATS  
coffee, cacao, almond, granola

SEASONAL FRUIT  
selection of fruit

CINNAMON ROLL  
butter, flour

JUICE  
orange, carrot

DRIED FRUIT & NUTS  
variety of fruit, mixed nuts

BOILED EGG

LUNCH

MEDITERRANEAN COUSCOUS  
ratatouille, strained yoghurt, lambs lettuce, seed mix

HARIRA SOUP  
pumpkin, chickpea, carrot, celery,  
lemon hangop, koriander, harissa

CARROT  
harissa, cumin seed, koriander

FLATBREAD  
stone oven

CINNAMON ORANGE CAKE  
rose syrup, roasted almond, whipped cream



FRIDAY

BREAKFAST

OVERNIGHT OATS

red fruit, white chocolate, vervain, hazelnut, granola

SEASONAL FRUIT

selection of fruit

CROISSANT

butter, flour

JUICE

orange

DRIED FRUIT & NUTS

variety of fruit, mixed nuts

BOILED EGG

LUNCH

CASCABEL LEMON BEAN

oxheart cabbage, yoghurt, potato, caper, portobello

PEAR

cucumber, shallot, feta, tarragon,  
mustard seed, lemon dressing

FRIED EGG

mushroom, egg yolk creme,  
sourdough crumble

BAGUETTE

water, flour

CLAFOUTIS

cherry, vanilla whipped cream,  
sugared almond