



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

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



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

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



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