

soups

1. Tomato & red pepper £3.95
A rich tomato soup flavoured with oregano and rosemary and finished with chunks of wensleydale cheese
188 kcal, 12.3g fat
wheat free, gluten free, suitable for vegetarians
contains celery

2. Butternut, lentil and spinach £3.95
Butternut squash, chickpeas, green lentils and spinach flavoured with a hint of ginger, coriander, coconut and lemongrass
224kcal, 15.4.6g fat
wheat free, gluten free, dairy free, suitable for vegetarians
contains celery, nuts, mustard

3. Sweet garden pea £3.95
With fresh spinach, coriander and mint, finished with a dash of sour cream
151 kcal, 9.8g fat
wheat free, gluten free, suitable for vegetarians
contains celery

4. Tuscan Bean £4.25
Berlotti beans, butter beans and haricot beans in a sundried tomato base
146kcal, 1.4g fat
wheat free, gluten free, dairy free, suitable for vegetarians
contains celery

5. Carrot & Coriander £3.95
Made with organic carrots and coriander and finished with a little double cream
101kcal, 6.8g fat
wheat free, gluten free, suitable for vegetarians

6. Thai spiced chicken and sweet potato £4.25
Chicken, sweet potato, aubergine, red peppers and yellow peas with a mild coconut curry base
204kcal, 9.52g fat
wheat free, gluten free
contains celery, nuts

7. Butternut squash £3.95
made with orange, ginger and saffron to bring out the flavours of the roasted squash
109 kcal, 4.8g fat
wheat free, gluten free, suitable for vegetarians
contains celery

8. Malayasian chicken £4.25

Shredded Chicken with pumpkin, lemongrass and red chilli in a mild coconut curry sauce

112kcal, 4g fat
wheat free, gluten free, dairy free
contains celery

9. Leek & Potato £3.95

Made with organic potatoes and buttery leeks

146kcal, 11.5g fat
wheat free, gluten free, suitable for vegetarians

stews

all our stews are served with white rice

10. Yellow thai chicken £4.25

Chicken, sweet potato, red peppers and baby corn with a mild coconut curry base

277kcal, 16.8g fat
wheat free, gluten free, dairy free
contains nuts

11. Green thai chicken & vegetable £4.25

Shredded chicken, sweet potato, baby corn and spinach with a medium coconut curry base

163kcal, 7.92g fat
wheat free, gluten free, dairy free
contains nuts

12. Pork, chorizo and chickpea stew £5.50

Chunks of british pork with chorizo, chickpeas and saffron

229kcal, 11.9g fat
wheat free, gluten free, dairy free
contains celery

13. British beef and ale £5.50

Chunks of tender beef cooked in Dorset ale with root vegetables and potatoes

156kcal, 5.72g fat
wheat free, gluten free, dairy free
contains mustard

14. Hungarian beef goulash £5.50

Chunks of british beef with potatoes, sweet paprika, red peppers and kidney beans

158kcal, 6.16g fat
wheat free, gluten free, dairy free

15. Italian chicken napolitana £5.50

Chicken thigh in a classic tomato sauce with cannelloni beans, red peppers and courgettes

185kcal, 7.92g fat
wheat free, gluten free, dairy free