

REFUEL

WITH OUR

DELICIOUS MENU



BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Baked Beans (ve) (51kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Hash Browns (ve) (174kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Fresh Mushrooms (ve) (55kcal)

Sausages (300kcal)

Bacon (82kcal)

Sausages (300kcal)

Bacon (82kcal)

Bacon (82kcal)

Sausages (300kcal)

Bacon (82kcal)

or
Quorn™ Vegan

or
Quorn™ Vegan

or
Quorn™ Vegan

or
Quorn™ Vegan

or
Quorn™ Vegan

or
Quorn™ Vegan

or
Quorn™ Vegan

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Cumberland (ve) (214kcal)

Available every day: Porridge with toppers* (445kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

LUNCH

Pepperoni Pizza (576kcal)

Beef Burger (399kcal)

Battered Chicken
Chunks (207kcal)

Homemade Beef
Bolognese (453kcal)

Battered Fish (214kcal)

Jacket Potato (ve) (204kcal)

Roast Beef (199kcal)

Margherita Pizza (v) (575kcal)

Meatless Farm™ Plant
Based Burger (367 kcal)

Vegetable Nuggets (ve)
(293kcal)

Homemade Vegetable
Ratatouille (ve) (105kcal)

Jumbo Sausage (603kcal)

Served with your choice of: Grated
Mild Cheddar (v) (245kcal), Baked
Beans (ve) (51kcal) or Tuna Mayo
(108kcal)

Meatless farm™ Plant-
based Chicken Breast
(ve) (293kcal)

Plant-based Margherita
Pizza (ve) (576kcal)

Served with: Ziggy Fries (ve) (414 kcal)

Served with: Potato Wedges (ve)
(258kcal), Garden Peas (ve) (77kcal),
Sweetcorn (ve) (55kcal), Sweet Chilli
Sauce (ve) (77kcal)

Served with: Penne Pasta (ve)
(308kcal), Garlic Bread (v) (162kcal),
Grated mild cheddar (v) (245kcal)

Quorn™ Fishless Fingers
(ve) (172cal)

Served with: Skinny Fries (ve)
(354kcal), Garden Peas (ve) (77kcal)

Homemade Chilli
Non Carne (ve) (344kcal)

Served with: White Rice (ve) (243kcal)

Served with: Roast Potatoes (ve)
(208kcal), Yorkshire Pudding (v)
(196kcal), Fresh Broccoli (ve) (43kcal),
Baby Carrots (ve) (28kcal), Gravy (ve)
(14kcal)

Served with: Skinny Fries (ve)
(354kcal)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

DINNER

Chicken Katsu Curry (275kcal)

Fish Fingers (276kcal)

Chicken Curry (434kcal)

PGL's Sausage Pasta
Bake (499kcal)

Beef Burger (402kcal)

Battered Chicken
Chunks (207kcal)

Fish Fingers (276kcal)

Homemade Beef
Lasagne (322 kcal)

Hunters Chicken (434kcal)

Baked Cheesy Meatballs
(354kcal)

Chicken Kiev** (275kcal)

Homemade Mac 'n'
Cheese (v) (651kcal)

Homemade Beef
Lasagne (322kcal)

PGL's Sausage Pasta
Bake (499kcal)

Vegetable Lasagne (ve)
(217kcal)

Shepherdless Pie (ve)
(484kcal)

Vegetable Curry (ve) (329kcal)

Homemade Sausage &
Bean Casserole (ve) (341kcal)

Meatless Farm™ Plant
Based Burger (ve) (381kcal)

Vegetable Lasagne (ve) (217kcal)

Shepherdless Pie (ve) (484kcal)

Sides: Garlic Bread (v) (162kcal), Rice
(ve) (243kcal), Garden Peas (ve) (77kcal),
Fresh Broccoli (ve) (43kcal)

Sides: Baby Potato (ve) (264kcal),
Baby Carrots (ve) (28kcal), Whole
Green Beans (ve) (22kcal)

Sides: Rice (ve) (243kcal), Penne Pasta
(ve) (308kcal), Mixed Vegetables (ve)
(45kcal)

Sides: Mashed Potato (v) (274kcal),
Fresh Broccoli (ve) (43kcal), Baby
Carrots (ve) (28kcal)

Sides: Ziggy Fries (ve) (414 kcal),
Sweetcorn (ve) (55kcal), Whole Green
Beans (ve) (22kcal)

Sides: Garlic Bread (v) (162kcal), BBQ
Sauce (ve) (84kcal), Skinny fries (v)
(354kcal), Mixed Vegetables (ve) (45kcal)

Sides: Cheesy Garlic Potato (v)
(234kcal), Baby Potato (ve) (264kcal),
Sweetcorn (ve) (55kcal), Whole Green
Beans (ve) (22kcal)

Homebaked Iced Sponge
Cake (v) (206kcal)

Chocolate Muffin (v) (280kcal)

Jam Doughnuts (v) (228kcal)

Homebaked Chocolate
Sponge (v) & Chocolate
Custard (v) (204kcal)

Homemade Apple
Crumble (ve) & Vanilla
Custard (v) (283kcal)

Chocolate Muffin (ve)
(280kcal)

Chocolate Cookies (v)
(371kcal)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

About our food

All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken; some small bones may remain in our fish, sausage and chicken dishes & salads, some shell pieces may remain on our eggs, and some olive stones may remain in our salads.

Where used, our ham is reformed from selected cuts of pork with added water

* Small children can choke on seeds

** Chopped and shaped chicken.

ASK ABOUT
ALLERGENS
WE ARE HAPPY TO HELP