

$\mathcal{X}_{\mathsf{PRESS}}$ LUNCH BOWLS

Please Select One Option Per Group

If more than one option is required, separate delivery times and charges will apply

Lunch

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Meat: Poached Basil Chicken

Vegetarian: Spinach & Gouda Croquettes

Vegan: Charred Aubergine with Gremolata

Sauce & Base: Spanish Pisto - slow cooked Tomatoes . Courgettes . Peppers .

Olive Oil – Quinoa . Baby leaves

b £5 p/p supplement

Meat: Grilled Salmon

Vegetarian: Sautéed Soy Oyster Mushrooms

Vegan: Toasted Seed Coated Sweet Potato Discs

Base: Teriyaki Sauce . Chahan Rice . Cavolo Nero . Peas . Sesame Oil .

Spring Onions . Coriander – Shredded Carrots . Crispy Shallots

C

Meat: Lemon & Honey Chicken with Za'atar

Vegetarian: Spinach & Potato Tortilla

Vegan: Red Pepper & Chilli Falafel

Base: Baba Ganoush . Tabbouleh – Bulgur Wheat . Cucumber . Parsley

.Mint . Tomatoes . Lemon – Lambs Lettuce

<u>B</u>owl<u>s</u>

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Meat: Chicken Tikka Skewers Vegetarian: Garam Masala & Honey Roasted Paneer Vegan: Sticky Cumin & Agave Carrots with Crushed Pistachio

Base: Raita . Pilau Rice . Peas . Cardamon & Spinach – Mixed Leaves Coriander

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Meat: Crispy Chicken Tenders with Ginger & Sesame

Vegetarian: Five Vegetable Gyozas

Vegan: Charred Spiced Cauliflower

Base: Katsu Sauce – Black Nanjing Rice . Chilli Oil . Sugar Snaps –

Tenderstem Broccoli . Coriander . Carrots . Spring Onions

f £5 p/p supplement

Meat: King Prawns

Vegetarian: Spinach and Feta Cigarillos

Vegan: Vegan Mediterranean Tart

Base: Aioli . Baby Potato . Herbs . Puy Lentil . Piccolo Tomatoes . Salad

Onions — Garden Leaves . Vinaigrette

"All dishes are served chilled. For hot meal options please explore our full hot food menu"

Dessert

Raspberry & White Chocolate *Torte* Lemon & Polenta Cake _{8/f} Red Velvet Cake
Toffee & Biscoff Cheesecake

Salted Caramel Tart g/f + d/f + V/nHazelnut & Pistachio Torte

Allergy Notice

Our dishes may contain nuts, nut products, or be prepared in an environment that handles nuts and other allergens, including wheat, gluten, dairy, and celery. Please Note: while dishes labelled as "free from" do not use said allergens as ingredients, they are prepared in kitchens where allergens are present. Therefore, we cannot guarantee they are completely free of gluten, dairy, nuts, or other allergens.