

## SALADS

### 1. MIXED GREEN BEAN AND QUINOA SALAD (V)

edamame bean, garden pea, sugar snap, mange tout, green bean, quinoa and parsley with a lemon, agave and olive oil dressing

(SULPHITE/SOYA)

### 2. POMEGRANATE AND PISTACHIO, BULGUR WHEAT TABBOULEH SALAD (VG)

bulgur, cucumber, radish, tomato, spring onion, mint, parsley, pistachio, pomegranate with a lemon, sumac, pomegranate and olive oil dressing

(SULPHITE/NUT/GLUTEN)

### 3. RED SLAW SALAD WITH TOASTED WALNUTS (VG)

red cabbage, white cabbage, carrot, apple, parsley and walnut with an orange, mustard, apple cider vinegar, agave and olive oil dressing

(SULPHITE/NUT/MUSTARD)

## STEW

### VEGETABLE THAI GREEN CURRY (VG)

onion, ginger, garlic, lemongrass, cumin, green chilli, curry madras, mung bean, courgette, green peppers, yellow peppers, sweet potato, coconut milk, pak choi, fresh coriander, stock

(CELERY/SOYA)

## SOUP

### SPRING GREEN (VG)

onion, garlic, celery, carrot, potato, pea, broccoli, spinach, mint, lemon juice, stock

(CELERY/SOYA/SULPHITE)