



Our dishes are prepared each day using fresh, natural ingredients

WINTER MENU

SOUPS OF THE DAY SERVED WITH BREAD

Roasted carrot & coriander soup V
Roast Turkey soup LF
Potato and leek soup V

SELECTION OF SANDWICHES

Sandwiches, Panini's, Baguettes & Bagels - Choose from wholegrain, bloomer or wheat free

Smoked Salmon bagel
Free range eggs, mayo *salad* V
Grilled chicken caesar
Dolphin-friendly tuna celery mayo
Grilled marinated vegetable VG
English crunchy cheddar, (Branston pickle optional) V
Classic prawn and marie rose

SALADS Freshly made dressings available on request

Smoked free range Chicken salad
Tuna Nisoise
Broccoli and bacon salad
Mixed leaf salad, new potatoes & baby tomatoes
Classic caesar salad
Watercress & fennel salad

KIDS CORNER

We can prepare any of the above in child-size portions, or choose from the following:

PIZZA & SANDWICHES

Slice of home made pizza
Cheddar cheese & tomato V / marmite V / free range egg
Dolphin-friendly tuna mayo / ham sandwich
RAW VEGETABLE SELECTION WITH HOUMOUS & PITTA
Carrot, cucumber & pepper
Selection of fresh yogurts V



ORGANIC CAKES & PASTRIES

Hand-made & using free range eggs in all our cakes

Croissants V
Danish Pastries
Carrot Cake V
Fresh carrots, cream & lemon zest topping
Chocolate Brownie V
Dark chocolate & vanilla
Fruit & Seed Energy Bar V
With lemon juice, honey & Omega 3 & 6

SMOOTHIES

Merry Berry

Strawberry, raspberry, blackberry & freshly squeezed orange juice

Beat The Retreat

Reinforce your body's defense with kiwi fruit, banana, pineapple, low fat yogurt & freshly squeezed apple juice

Winter Warmer

Kiwi fruit, carrot, ginger & freshly squeezed orange juice. Packed with vitamins & anti oxidants to help fight colds & flu

MOZZO ORGANIC FAIR-TRADE COFFEE

Made with organic milk or Soya

Cappuccino
Mocha
Latte
Americano
Decaffeinated
Espresso

CLIPPER ORGANIC & FAIR-TRADE TEAS

English Breakfast
Decaffeinated
Earl Grey
Assam
Specialty: Green Tea, Green Tea with Aloe Vera, Camomile, Peppermint, Rooibos, Lemon & Ginger, Wild Berry
HOT CHOCOLATE

CHILLED DRINKS

Freshly Squeezed Juice
Orange / apple / pear / carrot / ginger & apple

HAND - MADE ETHICAL FOODS USING FRESH & NATURAL INGREDIENTS

Coding: LF Low Fat VG Vegan V Vegetarian

