

WILDERNESS

-KITCHEN-



Mains

Mon

**Crispy Cauliflower
Poke Bowl (H, VG, V)**
£7.50

**Hot Smoked Salmon
Poke Bowl (H)**
£7.80

**Soup of the Day served
with Bread (V, H)**
£4.75
VEGAN ALTERNATIVE AVAILABLE

Changeable daily

**Ragu Alla Bolognese
Spaghetti served
with Crisp Garlic
Bread** £8.90

**Pomodoro Spaghetti
served with Crisp
Garlic Bread
(V, H, VG)** £7.30

Tue

**Crispy Cauliflower
Poke Bowl (H, VG, V)**
£7.50

**Hot Smoked Salmon
Poke Bowl (H)**
£7.80

**Soup of the Day served
with Bread (V, H)**
£4.75
VEGAN ALTERNATIVE AVAILABLE

Changeable daily

**Jacket Potato with
Baked Beans,
Cheese & Slaw (H, V)**
£6.15

**Jacket Potato with
Tuna Mayo, Cheese &
Slaw (H)** £6.65

Wed

**Crispy Cauliflower
Poke Bowl (H, VG, V)**
£7.50

**Hot Smoked Salmon
Poke Bowl (H)**
£7.80

**Soup of the Day served
with Bread (V, H)**
£4.75
VEGAN ALTERNATIVE AVAILABLE

Changeable daily

**Chicken Raisukaree
Curry served with
Rice & Steamed Bok
Choy (H)**
£10.95

**Thai Green
Vegetable Curry
served with Rice &
Steamed Bok Choy
(H, VG, V)**
£10.05

Thu

**Crispy Cauliflower
Poke Bowl (H, VG, V)**
7.50

**Hot Smoked Salmon
Poke Bowl (H)**
£7.80

**Soup of the Day served
with Bread (V, H)**
£4.75
VEGAN ALTERNATIVE AVAILABLE

Changeable daily

Chicken Bulgogi Bowl
£10.05

**Mushroom Bulgogi
Bowl (V, VG)**
£9.25

Fri

**Crispy Cauliflower
Poke Bowl (H, VG, V)**
£7.50

**Hot Smoked Salmon
Poke Bowl (H)**
£7.80

**Soup of the Day served
with Bread (V, H)**
£4.75
VEGAN ALTERNATIVE AVAILABLE

Changeable daily

**Chicken Katsu Burger
served in Seeded Bun
(H)**
£7.80

**Plant Burger with Feta
& Pesto Served in
Seeded Bun (H, VG, V)**
£7.80

Breakfast

GLUTEN ALTERNATIVE AVAILABLE

Bacon & Egg Ciabatta £4.45

Egg Ciabatta (V, H) £3.30

Bacon Ciabatta £4.45

**Portabello & Spinach
Ciabatta (H, V, VG)** £3.95

Porridge (V, H) £1.70

Whole Fruit £0.90

Daily Overnight Oat (V, H)
£3.30

Whole Fruit £0.90

Bakery & sweet treats

Cinnamon Danish (H,V) £3.25

Croissant (H,V) £3.25

Pain Au Chocolate £3.95

Double Knot Doughnuts £3.25

Dipped Ring Doughnut £3.25

Jam Doughnut £3.25

Sandwiches

GLUTEN ALTERNATIVE AVAILABLE

Chicken & Sun blushed Tomato Focaccia(H) £4.75

Roasted Med Veg & Feta Focaccia (V,H, VG) £5.35

Pesto Marinated Buffalo Mozzarella Ciabatta (H, V) £5.90

Mississippi Beef & Barkham Blue Ciabatta £7.80

Pulled Ham & Wigmore Cheese Sourdough Toastie £6.65

Tune Melt Sourdough Toastie (H) £5.90

Salads

Caesar Salad (H, V) £5.65

Cos lettuce, cherry tomatoes, crisp croutons &
cheese dressed together with Caesar sauce

Add +

Grilled Halloumi (H,V) £2.95

Grilled Chicken (H) £3.65

You can use
your Meal
Plan for any
item on this
menu through
your Meal
Equivalencies.
(excluding Sweet Treats)

NUTRITION & ALLERGENS
foodmenus.info



V = Vegetarian
VG = Vegan
VGA = Vegan Alt
Available
H = Halal
HA = Halal Alt



YOUR FEEDBACK FEEDS CHANGE