

## **PRODIGIOUS**

### **7TH FEB**

#### **Brekkie**

Fresh orange & apple juice

Sourdough, whipped labneh, chopped egg, pancetta | meat

Sourdough toast, whipped pea & ricotta, confit cherry tomato, sumac & everything seasoning | **vegan**

Fruit and nut bites, peanut butter stuffed dates with golden raisins & goji berries | **vegan**

Pink grapefruit, clementine, apple & grape platter

#### **Lunch**

Grilled lemon chicken | meat

OR

Marinated baked aged feta | veggie

OR

Marinated crispy smoked tofu | vegan

All served with -

Smoked garlic bulgur, caesar dressed purple sprouting broccoli, roast sweet potato

#### **Pudding**

Salted double chocolate pretzle cookies | **vegan**

## **PULSE | 21ST FEB**

### **Breakfast**

Fresh juice & fruit basket

Chorizo style sausage & hash brown brioche with tomato chilli jam & rocket | **meat**

Herby shroomdog & hash brown brioche with tomato chilli jam & rocket | **veggie, vegan & gf avail**

### **Lunch**

Beef panang curry, coconut rice, lime leaf pickles, spinach & garlic green beans | **meat**

OR

Pumpkin Panang curry, coconut rice, lime leaf pickles, spinach & garlic green beans | **vegan**

### **Pudding**

Citrus poppyseed cake, cream cheese frosting & pink grapefruit | **vegan & gf avail**

### **Afternoon snack**

Chipotle & apple sausage rolls | **meat**

Spinach & feta spanakopita sausage rolls | **veggie**

Spiced chickpea rolls | **vegan**

Choc dipped oat cookies with ginger | **gf & vegan**

## **PULSE | 22ND FEB**

### **Breakfast**

Fresh juice & fruit basket

English muffin, smoked bacon, egg & spiced ketchup | **meat**

English muffin, roast mushroom, spinach, veggie sausage, egg & spiced ketchup  
| **vegan avail**

### **Lunch**

Sausage, fennel & squash lasagne | **meat**

Confit garlic & four cheese spinach gnocchi | **veggie**

Courgette & fresh pesto roast tomato broken lasagne | **vegan & gf**

All served with lemony broccoli

### **Pudding**

Chocolate mousse, blood orange & candied pumpkin pepitas | **gf, vegan avail**

### **Afternoon snack**

Ham & gruyere frittata bites | **meat**

Tomato & feta frittata bites | **veggie**

Apricot flapjack | **gf & vegan**

## **PULSE | 7th MARCH**

### **Breakfast**

Fresh juice

Fruit basket

Cumberland sausage & brioche with tomato chilli jam & rocket | **meat**

Herby shroomdog brioche with tomato chilli jam & rocket | **veggie, vegan & gf avail**

### **Lunch**

Lime poached chicken, Malaysian coconut curry, spring greens & squash. Smoked garlic rice & spinach | **meat**

OR

Tamarind roast sweet potato, Malaysian coconut curry, spring greens & squash. Smoked garlic rice & spinach. | **vegan**

### **Pudding**

Kaz's delish raspberry jam sugared doughnut | **vegan & gf avail**

### **Afternoon snack**

Brioche sub with a choice of -

Jalapeno spicy dill tuna | **pesc**

Milano salami, cream cheese & rocket | **meat**

Cheddar, pickle & cress | **veggie, vegan avail**

Mini iced fruit bun | **vegan, gf avail**