



Occipital

Restaurant Deli Lunch (Junction)

Salad Bar

Mixed leaves

Tomato

Cucumber

Grated carrot

Sliced beetroot

Vegetable crudités

Houmous

Mixed grains

Oily Fish Salad

Smoked mackerel, avocado, lime & herbs

Protein Salad

Goan-style chicken, quinoa & dried fruits

Dressings & toppings

Raspberry vinaigrette

Citrus vinaigrette

Caesar dressing

Olive oil & balsamic vinegar

French dressing

Wholemeal oven-baked croutons

Omega sprinkle seeds

Salad seasoning

Soup of the day

Carrot & coriander

Breads

Wholemeal loaf

Focaccia

Wholemeal pitta

Rustic baguette

Hot Buffet

Roast of the day

British chicken roasted with lemon & thyme

Pasta dish of the day

Penne pasta and gluten-free pasta

British chicken strips or poached salmon

Roast vegetables

Tomato & basil sauce

Pesto dressing

Grated Grana Padano cheese

Fish of the day

Steamed salmon, chilli, lime & coriander

Vegetarian dish of the day

Mediterranean vegetable & chickpea stew

Vegetable and Potato of the day

Mashed potatoes

Carrots

Sugar snaps

Desserts

Pancake bar

Sweet pancakes

Raspberry coulis

Mango coulis

Honey

Maple syrup

Fresh fruit salad with berries

Half fat Greek-style yoghurt

Hot sweet of the day

Rhubarb & apple crumble

Small cake bite

Carrot cake

Shot desserts

Lemon cheesecake

Double chocolate shots

Breaks

All Day

Apples, satsumas, Fairtrade bananas

Freshly baked cookies

Nuts, omega seeds, dried fruits

AM break

Rice cakes, peanut butter & Nutella

Flowerpot muffins

PM break

Frozen yoghurt

Caramel shortbread

