

WEEK COMMENCING

01/04/2024 22/04/2024 13/05/2024 03/06/2024 24/06/2024 15/07/2024

BREAK & LUNCH TIME HOT DELI

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

POWER BITES

Jollof Rice
R08965French Bread Pizza
R08804Hoisin Noodles
R08835Smoked Sausage & Bean
Pasta
R08801

Manager's Special

SOUP

Chef's Homemade Soup

Roasted Tomato & Basil
R02634

Chef's Homemade Soup

Carrot & Cumin Soup
R09064

Chef's Homemade Soup

HOT BLUE DOT

Daily Special Blue Dot,
Choose 1 from the PVRDaily Special Blue Dot,
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Choose 1 from the PVRDaily Special Blue Dot,
Choose 1 from the PVRDaily Special Blue Dot,
Choose 1 from the PVR

NATURALLY HOT

Chilli & Lime Glazed Tofu
Skewer with Tomato Rice
R09070Vegan Singapore Noodles
R05732Jerk Jackfruit Open Wrap
R09069Pakistani Tarka Dhal
R09083

Manager's Special

FROM THE OVEN - BREAK ONLY

Mozzarella & Tomato Pizza
Ham, Cheese & Tomato
Pizza
R07564/ R07565/ R01929 /
R01933Southern Style Chicken
Wings
R09078Mozzarella & Tomato Pizza
Pepperoni, Cheese &
Tomato Pizza
R07564/ R07566/ R01929 /
R01930Indian Appetizer Pot
R09077Mozzarella & Tomato Pizza
BBQ Chicken Pizza
R07564/ R07567/R01929 /
R09165

MEAT AND VEGETABLE PANINIS – MINIMUM OF 1 FLAVOUR FOR BREAK & LUNCH

Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Chicken Tikka or BBQ
Pepperoni
R09144/R09146/R06212/
R06219Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
BBQ Bean or BBQ Sausage
R05652/R09157/R09158/
R09159Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Ham & Cheese or Vegan
Roast Vegetable
R01852/R09148/R09155/
R09156Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Pepperoni or BBQ Chicken
R09138/R09141/R09151/
R09152Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Manager's Special

FIRM FAVOURITES – MINIMUM OF 2 DAILY CHOSEN FROM THE PVR

WEEK COMMENCING

01/04/2024 22/04/2024 13/05/2024 03/06/2024 24/06/2024 15/07/2024

LUNCHTIME HOT DELI

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Buffalo Chicken with
Smoked Paprika Wedges
and Cajun Corn
R08952

Classic Beef Lasagne,
Garden Salad &
Homemade Garlic Bread
R08954

Honey Glazed Gammon,
Crisp Roasties, Seasonal
Veg and House Gravy
R08939

Chicken Massaman Curry,
Wholegrain & White Rice
with
Pineapple, Lime &
Cucumber Salsa
R08955

Chip Shop "Fryday" Fish,
Pizza or Fishcake &
Chips with Peas and
Tartare Sauce.
R06316/ R06317/
R07677/ R07674

MAIN COURSE VEGETARIAN

Bang Bang Cauliflower
with
Smoked Paprika Wedges
and Cajun Corn
R08986

Vegetable & Mixed Bean
Lasagne, Garden Salad &
Garlic Bread
R08957

Leek & Spinach
Wellington, Crisp
Roasties, Seasonal Veg
and House Gravy
R08958

Pea and Halloumi Fritters,
Wholegrain & White Rice
with
Pineapple, Lime &
Cucumber Salsa
R08959

Vegan Onion Bhaji
Burger, Slaw, Chips &
Peas
R07521

DESSERT OF THE DAY

Chocolate Sponge &
Chocolate Sauce
R07484

Apple Strudel & Custard
R08910

Peach Kuchen
R08891

Pear & Cocoa Sponge
R08902

Manager's Special

STREET VIBES – LUNCH ONLY

Buffalo Cauliflower
Wings on Salt & Pepper
Wedges
R08072

Garlic & Lemon Chicken
Gyros
R08607

Chicken Yakitori with
Rice
R08599

Loaded Potato Skins
R08606

Manager's Special

HOT PASTA POT – BREAK & LUNCH

Tomato & Basil Pasta Pot
R06279 / R06280

Creamy Pesto Pasta Pot
R08997 / R08999

Tomato & Basil Pasta Pot
R06279 / R06280

Pasta in Cheese Sauce
R06286 / R06287

Tomato & Basil Pasta Pot
R06279 / R06280

WEEK COMMENCING

08/04/2024 29/04/2024 20/05/2024 10/06/2024 01/07/2024 22/07/2024

BREAK & LUNCH TIME HOT DELI**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****POWER BITES**

Indian Spiced Mushroom
Rice
R08554

French Bread Pepperoni
Pizza
R08841

Sesame Noodles
R08809

Pasta with Cheese Sauce
R08802

Manager's Special

SOUP

Chef's Homemade Soup

Leek & Potato
R07526

Chef's Homemade Soup

Smokey Chilli & Tomato
R09066

Chef's Homemade Soup

HOT BLUE DOT

Daily Special Blue Dot,
Choose 1 from the PVR

Daily Special Blue Dot,
Choose 1 from the PVR

Daily Special Blue Dot,
Choose 1 from the PVR

Daily Special Blue Dot,
Choose 1 from the PVR

Daily Special Blue Dot,
Choose 1 from the PVR

NATURALLY HOT

Reggae Reggae Jackfruit
Curry
R09074

Spiced Paneer & Red Onion
Naan
R07694

Vegan Ramen Bowl
R09071

The Big Plant Burger
R06220

Manager's Special

FROM THE OVEN - BREAK ONLY

Mozzarella & Tomato Pizza
Ham, Cheese & Tomato
Pizza
R07564/ R07565/ R01929 /
R01933

Korean BBQ Chicken Wings
R09096

Mozzarella & Tomato Pizza
Pepperoni, Cheese & Tomato
Pizza
R07564/ R07566/ R01929 /
R01930

Indian Appetizer Pot
R09077

Mozzarella & Tomato Pizza
BBQ Chicken Pizza
R07564/ R07567/R01929 /
R09165

MEAT AND VEGETABLE PANINIS – MINIMUM OF 1 FLAVOUR FOR BREAK & LUNCH

Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Pepperoni or BBQ Chicken
R09138/R09141/R09151/
R09152

Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Vegan BBQ Sausage or
Chicken Tikka
R09162/R09163/R09144/
R09146

Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
BBQ Bean or Ham & Cheese
R05652/R09157/R01852/
R09148

Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
BBQ Pepperoni or Vegan
Roast Vegetable
R06212/R06219/R09155/
R09156

Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Manager's Special

FIRM FAVOURITES – MINIMUM OF 2 DAILY CHOSEN FROM THE PVR

WEEK COMMENCING

08/04/2024 29/04/2024 20/05/2024 10/06/2024 01/07/2024 22/07/2024

LUNCHTIME HOT DELI

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Traditional Sausage &
Mash with Onion Gravy
R08904

Creamy Garlic Chicken &
Mushroom Pasta with
Garden salad
R08976

Roast Breast of Turkey ,
Crisp Roasties, Seasonal
veg and House Gravy
R08937

Smokey Beef Chilli Con
Carne with Rice, Nachos
and Corn
R06306

Chip Shop "Fryday" Fish,
Pizza or Fishcake &
Chips with Peas and
Tartare Sauce.
R06316/R06317/R07677
/R07674

MAIN COURSE VEGETARIAN

Vegan Sausage & Mash
with Onion Gravy
R08906

Gnocchi with Roasted
Vegetables in a Tomato &
Basil Sauce
R08961

Open Harrisa Roasted
Squash & Feta pie,
Seasonal Veg or Salad
R08962

Smokey Plant Based
Chilli with Rice, Nachos
and Corn
R06307

Vegan Falafel Burger,
Naked Slaw, Mango
Chutney, Chips & Peas
R07420

DESSERT OF THE DAY

Apple Pie & Custard
R07617

Peach & Pineapple
Crumble
R08913

Sticky Coconut & Jam
Pudding
R08914

Baked Churros with
Chocolate Sauce
R08076

Manager's Special

STREET VIBES – LUNCH ONLY

Caramelized Onion &
Mozzarella Poutine
R08940

Gochujang Chicken and
Sesame Rice Pot
R08893

Mei Goreng Indonesian
Fried Noodles
R08833

Korean Fried Crispy
Chicken
R08044

Manager's Special

HOT PASTA POT – BREAK & LUNCH

Tomato & Basil Pasta Pot
R06279 / R06280

Creamy Pesto Pasta Pot
R08997 / R08999

Tomato & Basil Pasta Pot
R06279 / R06280

Pasta in Cheese Sauce
R06286 / R06287

Tomato & Basil Pasta Pot
R06279 / R06280

WEEK COMMENCING

15/04/2024 06/05/2024 27/05/2024 17/06/2024 08/07/2024

BREAK & LUNCH TIME HOT DELI**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****POWER BITES**Rice n Peas
R08974Piri Piri Glazed Bread Sticks
R08885Sweet Chilli Noodles
R08807Pasta Arrabiata
R09097

Manager's Special

SOUP

Chef's Homemade Soup

Mexican Red Pepper &
Tomato
R06178

Chef's Homemade Soup

Caribbean Sweet Potato
Soup
R09065

Chef's Homemade Soup

HOT BLUE DOTDaily Special Blue Dot,
Choose 1 from the PVRDaily Special Blue Dot,
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Choose 1 from the PVR**NATURALLY HOT**Fork Friendly Falafel Kebab
R09075Smoked Tofu and Caponata
Burger
R09072Seeded Vegan Sausage Roll
R09076Onion Bhaji Skewer with
Bombay Potatoes
R09073

Manager's Special

FROM THE OVEN - BREAK ONLYMozzarella & Tomato Pizza
Ham, Cheese & Tomato
Pizza
R07564/ R07565/ R01929 /
R01933Sticky Chinese Chicken
Wings
R08855Mozzarella & Tomato Pizza
Pepperoni, Cheese & Tomato
Pizza
R07564/ R07566/ R01929 /
R01930Indian Appetizer Pot
R09077Mozzarella & Tomato Pizza
BBQ Chicken Pizza
R07564/ R07567/R01929 /
R09165**MEAT AND VEGETABLE PANINIS – MINIMUM OF 1 FLAVOUR FOR BREAK & LUNCH**Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Ham & Cheese or Vegan
Roast Vegetable
R01852/R09148/R09155/
R09156Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
BBQ Bean or BBQ Sausage
R05652/R09157/R09158/
R09159Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Chicken Tikka or BBQ
Pepperoni
R09144/R09146/R06212/
R06219Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Pepperoni or BBQ chicken
R09138/R09141/R09151/
R09152Pizza Melt or Just Cheese
R09067/R09068/R09136/
R09137
and
Manager's Special**FIRM FAVOURITES – MINIMUM OF 2 DAILY CHOSEN FROM THE PVR**

WEEK COMMENCING

15/04/2024 06/05/2024 27/05/2024 17/06/2024 08/07/2024

LUNCHTIME HOT DELI

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Kung Pao Chicken,
Wholegrain & White Egg
Fried Rice
R07611

Beef & Tomato Ragout
with Wholegrain Pasta &
House Salad
R08969

Roast Shoulder of Pork,
Crackling, Crisp Roasties,
Seasonal Veg and House
Gravy
R08947

Chicken Bhuna with
Pilau rice and
Homemade Raita
R08963

Chip Shop "Fryday" Fish,
Pizza or Fishcake &
Chips with Peas and
Tartare Sauce.
R06316/R06317/R07677
/R07674

MAIN COURSE VEGETARIAN

Sweet and Sour Vegetables
with Wholegrain & White
Egg Fried Rice
R08899

Plant Based Ragout with
Wholegrain Pasta &
House Salad
R07261

Crunchy Topped
Macaroni Cheese, House
Salad or Seasonal
Vegetables
R08968

Paneer & Chickpea Korma
with Pilau rice and
Homemade raita
R08966

Jamaican Squash Pasty
with Sweet Chilli Sauce and
Chunky Chips
R08972

DESSERT OF THE DAY

Pineapple Upside Down
Cake
R08951

Warm Blueberry Sponge
R08923

Dropped Pancake Bar
R08156

Apple & Mixed Berry
Crumble with Vanilla
Sauce
R07615

Manager's Special

STREET VIBES – LUNCH ONLY

Chinese Style Vegan
Noodles
R08058

Chipotle Chicken
Chimichanga
R08598

Loaded Mediterranean
Street Cart Wedges
R08889

Thai Fried Rice
R08890

Manager's Special

HOT PASTA POT – BREAK & LUNCH

Tomato & Basil Pasta Pot
R06279 / R06280

Creamy Pesto Pasta Pot
R08997 / R08999

Tomato & Basil Pasta Pot
R06279 / R06280

Pasta in Cheese Sauce
R06286 / R06287

Tomato & Basil Pasta Pot
R06279 / R06280