

HUMDINGERS LIGHT LUNCH

SANDWICHES

Min order of 2 sandwiches per filling

MEAT

Ham, Cucumber & Wholegrain Mustard

Chicken Caesar, Bacon Wrap

Parma Ham, Pesto, Rocket & Parmesan

Chicken Katsu, Lettuce, Red Cabbage & Mayo

FISH

Spicy Sriracha Tuna & Salad Wrap

Prawn, Avocado & Thousand Island Dressing

Smoked Salmon, Cream Cheese, Black Pepper &

Lemon Zest Bagel

CHEESE

Mozzarella, Tomato & Pesto (V)

Goat Cheese, Red Onion Chutney & Rocket Wrap (V)

Brie, Wholegrain Mustard, Slow Roasted Tomato & Basil (V)

Applewood Smoked Cheddar & Pickle (V)

VEGAN / VEGETARIAN

Falafel, Houmous & Lettuce Wrap (VG)

Grilled Vegetables, Tahini & Sesame Seed (VG)

Tenderstem Broccoli, Burnt Aubergine, Romesco &

Roast Garlic (VG)

Marinated Tofu, Kale & Pineapple Relish (VG)

SALAD BOWLS

Min order of 6 per salad

Superfood Salad, Quinoa, Edamame, Blueberry, Kale, Sunflower Seeds & Citrus Dressing (VG) (GF)

Baby Gem Lettuce, Red Peppers, Avocado, Chargrilled Sweetcorn, Palm Hearts & Crispy Corn (VG) (GF)

Pickled Beetroot, Goat's Cheese, Walnuts, Mixed Baby Leaves & Balsamic Vinegar (V) (GF)

Roast Turmeric Cauliflower, Rocket, Pomegranate & Lemon Coconut Yogurt Dressing (VG) (GF)

Smoked Chickpea Salad, Wilted Greens & Harissa Dressing (VG) (GF)

Artichoke, New Potato, Butter beans, Caramelized Onions & Salsa Verde (VG) (GF)

Pineapple, Sweet Picante Peppers, Spring Onions, Jalapeno, Lettuce & Lime Coriander Vinaigrette (VG) (GF)

Romanesco Broccoli, Black Olives, Capsicum Peppers, Red Onions, Oregano & Lemon (VG) (GF)

Asparagus, Peas, Shaved Fennel, Rocket, Croutons & Tarragon Dressing (VG) (GF)

Heritage Tomatoes, Rocket, Red Onion, Parmesan & Balsamic Vinegar (GF)

LUNCH DEAL

Min order of 6

Includes a sandwich, a salad & dessert

HOT SOUP POTS

Spring Pea & Mint (VG) (GF)

Leek & Potato (VG) (GF)

Roasted Tomato & Basil (VG) (GF)

Truffled Mushroom (VG) (GF)

Broccoli & Stilton (V) (GF)

WHY NOT ADD A DESSERT?

Burnt Lemon Tart (V)

Basque Cheese Cake (V) (GF)

Carrot & Walnut Cake (V)

Chocolate Brownies (VG) or (GF)

Giant Chocolate Chip Cookies (VG)

Raspberry Mousse Chocolate Cup (V) (GF)

Espresso Panna Cotta & Caramel Brittle (V) (GF)

Lemon Blueberry Cake (VG) (GF)

Seasonal Fruit Salad Pots (VG) (GF)

(VG) Vegan (V) Vegetarian (GF) Gluten Free