LUNCH MENU

ColourWorks

Menu 01	**Slow-cooked poached chicken with sprouting broccoli and sorrel sauce**	GF · DF
	Pan-fried dumpling with ricotta, garden peas and pesto	VEGGIE
	Side: Panzanella salad	GF · DF · VEGAN
	Side: Diced butternut squash with orzo, crumbled feta and parsley oil	VEGGIE
Menu 02	**Steamed white fish with ginger sauce, mint and bean sprouts**	GF · DF
	Warm grilled vegetable and halloumi salad with orange and mint dressing	GF
	Side: Paprika potato wedges	GF · DF · VEGAN
	Side: Grilled cauliflower salad with turmeric and vegan yoghurt sauce	GF · DF · VEGAN
Menu 03	**Hake with Sichuan peppers, scallions and burnt sesame seeds**	GF · DF
	Teriyaki-glazed tofu with sesame seeds and spring onion	GF · DF · VEGAN
	Side: Jasmine rice	GF · DF · VEGAN
	Side: Smashed cucumber with garlic, rice vinegar and soya sauce	GF · DF · VEGAN
Menu 04	**Chilli con carne**	GF · DF
	Cajun fajita with mixed peppers, white onion and corn	GF · DF · VEGAN
	Side: Coriander rice with lime	GF · DF · VEGAN
	Side: Tomato fresca	GF · DF · VEGAN
	Side: 3-bean salad	GF · DF · VEGAN
Menu 05	**Chicken escalope with lemon and fresh herbs**	GF · DF
	Crispy vegan fritters with a zesty lime and fresh coriander dip	GF · DF · VEGAN
	Side: Couscous with tabbouleh	DF · VEGAN
	Side: Grilled aubergine with tahini and chilli oil	GF · DF · VEGAN

GF Gluten free · DF Dairy free · VEGGIE Vegetarian · VEGAN Vegan

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Menu 06	**Lamb kofta with chard pepper sauce and parsley**	GF · DF
	Vegetarian moussaka	GF · VEGGIE
	Side: Red and black quinoa, pickled carrots and celery	GF · DF · VEGAN
	Side: Spiced chickpea salad with salsa verde	GF · DF · VEGAN
Menu 07	**Grilled salmon with harissa and citrus zest**	GF · DF
	Broad bean and sumac falafel with hummus	GF · DF · VEGAN
	Side: Cardamom and turmeric rice	GF · DF · VEGAN
	Side: Baby potatoes, aloo gobi, puy lentils and crispy onion	GF · DF · VEGAN
Menu 08	**Oven-roasted beef meatball in a fresh chopped tomato sauce**	GF · DF
	Courgette and pepper shakshuka	GF · DF · VEGAN
	Side: Black bean rice	GF · DF · VEGAN
	Side: Chilli and garlic broccoli	GF · DF · VEGAN
Menu 09	**Chicken cacciatore with capers, tomatoes, black olives and garlic**	GF · DF
	Grilled aubergine with caponata	GF · DF · VEGAN
	Side: Garlic stir-fried green beans and peas	GF · DF · VEGAN
	Side: Baby potato salad with greens and mustard dressing	GF · DF · VEGAN
Menu 10	**Sesame-crusted salmon fillet**	GF · DF
	Quinoa with smashed chickpeas, lentils, spring onion and parsley	GF · DF · VEGAN
	Side: Burnt hispi cabbage with lemon and tahini dressing	GF · DF · VEGAN
	Side: Green garden salad	GF · DF · VEGAN

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