



SAMPLE MENU AUGUST 2026

PLATTER

Crayfish and prawn cocktail, Marie Rose sauce, fresh lemon

Focaccia roll, butter

Roast Sirloin of beef

Rocket and red onion salad

Goodwood Charlton cheddar and caramelised onion tart

Nutbourne tomatoes and cucumber

Spicy chipotle potato salad and chives

Orzo pasta with sun-blushed tomatoes

SWEAT TREAT

Traybakes



Scan here or visit mnu.mx/3142CA8 to see our allergen menus

If you have any allergen enquiries, please ask a member of our team. Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights.

PLANT BASED PLATTER

Spinach and kale falafel (gf)

Red pepper houmous

Brioche roll, soft spread

Plant based chicken breast, Ranch salad, shaved cheese, ranch dressing

Plant based cheddar and caramelised onion tart

Nutbourne tomatoes and cucumber

Spicy chipotle potato salad and chives

Orzo pasta with sun-blushed tomatoes

SWEET TREATS

Traybakes



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