

February's Daily Specials

Week starting the 5th February



Monday

05/02

Tuesday

06/02

Wednesday

07/02

Thursday

08/02

Friday

09/02

**Edgy
Veggie
Speciality
Salad
(v)**

Labneh with
Toasted Seeds,
Mint & Cos
Lettuce(v)

Heritage Carrots,
Golden Sultanas
& Sunflower
Seeds (v)

Roasted
Cauliflower,
Red Onion &
Lentils (v)

Beetroot, Green
Beans Chick Pea
& Quinoa (v)

Crumbled Feta,
Cranberry,
Chicory
& Walnuts (v)

**Power
Protein
Speciality
Salad**

Smoked Duck
with Mandarin &
Hazelnut

Poached Salmon
with Little Gem,
Shaved
Cucumber &
Citrus Mayo

Marmalade
Roasted
Chicken, Farro &
Crushed
Hazelnuts

Prawn Pad Thai
Noodle Salad

Zahter Grilled
Chicken, Grilled
Aubergine &
Tahini Dressing

February's Daily Specials

Week starting the 12th February



Monday

12/02

Tuesday

13/02

Wednesday

14/02

Thursday

15/02

Friday

16/02

**Edgy
Veggie
Specialty
Salad
(v)**

Sun Dried
Tomato, Basil,
Olives & Orzo (v)

Herby Freekeh
Salad with
Pomegranate &
Cranberries (v)

Heritage
Beetroot,
Orange, Crushed
Hazelnuts &
Sherry
Vinaigrette (v)

Grilled
Vegetables with
Balsamic
Vinaigrette (v)

Romaine
Lettuce, Soft
Boiled Quails
Eggs, Grilled
Red Peppers
Black Garlic
Dressing (v)

**Power
Protein
Specialty
Salad**

Grazing's Bacon
& Eggs Salad

Classic Caesar
Salad

Rare Roasted
Beef with Wild
Rocket
Parmesan, Blush
Tomato &
Croutons

Thai Chicken
Noodle Salad

Cajun Spiced
Salmon

February's Daily Specials

Week starting the 19th February



Monday

19/02

Tuesday

20/02

Wednesday

21/02

Thursday

22/02

Friday

23/02

**Edgy
Veggie
Specialty
Salad
(V)**

Quinoa, Green
Beans, Goji
Berries & Leeks
(v)

Barrel Aged
Feta, Pine Nuts
& Watermelon (v)

Chermoula
Roasted
Vegetables (v)

Roasted
Pumpkin, Feta,
Toasted Pecans
& Baby Spinach
(v)

Shaved Fennel,
Mandarins,
Rocket, Black
Olives & Shallot
Dressing (v)

**Power
Protein
Specialty
Salad**

Parma Ham,
Dates & Melon

5 Spice Rubbed
Duck Breast with
Asian Slaw &
Crispy Shallots

Grilled Chorizo,
Butter Beans,
Little Gem &
Artichokes

Crispy Turkey
Waldorf

Vietnamese Beef
with Pickled
Vegetables

February's Daily Specials

Week starting the 26th February



Monday

26/02

Tuesday

27/02

Wednesday

28/02

Thursday

01/03

Friday

02/03

**Edgy
Veggie
Specialty
Salad
(v)**

Indian Spiced
Lentil Salad (v)

Pasta, Pesto &
Sun Blush
Tomatoes (v)

Potato Salad
with Grain
Mustard
Dressing (v)

Giant Couscous,
Beetroot,
Pomegranate
& Orange (v)

Pear, Fennel,
Blue Cheese
& Walnut (v)

**Power
Protein
Specialty
Salad**

Tandoori Salmon
with a Yogurt &
Lime Dressing

Moroccan Beef
with Green
Beans & Shallots

Smoked Chicken
Caesar

Crayfish, Leeks
& Bitter Winter
Leaves

Peruvian Grilled
Chicken, Quinoa
& Pickled Carrots