

# March's Daily Specials

Week starting the 5th March



**Monday**

**05/03**

**Tuesday**

**06/03**

**Wednesday**

**07/03**

**Thursday**

**08/03**

**Friday**

**09/03**

**Edgy  
Veggie  
Speciality  
Salad  
(V)**

Seasoned Lotus  
Root, Bean  
Sprouts, Shiso  
& Cucumber

Crumbled Feta,  
Watermelon,  
Pine Nuts  
& Pomegranate

Celeriac &  
Apple Slaw with  
Hazelnuts &  
Yogurt

Herby Pearl  
Barley with  
Roasted  
Parsnips &  
Goats Cheese

Black Lentil,  
Pumpkin, Chilli,  
Feta  
& Lime

**Power  
Protein  
Speciality  
Salad**

Chilli & Garlic  
Prawns  
with Raw  
Vegetables  
Wasabi  
Dressing

Tex Mex  
Chicken,  
Leeks & Quails  
Eggs

Thai Beef  
Heritage  
Carrots  
Pecan and  
Sultanas (v)

Confit Duck,  
Peanuts and  
Sprouts with  
Hot & Sour  
Dressing

Chicken, Bacon  
Cherry Tomato  
& Avocado

# March's Daily Specials

Week starting the 12th March



**Monday**

**12/03**

**Tuesday**

**13/03**

**Wednesday**

**14/03**

**Thursday**

**15/03**

**Friday**

**16/03**

**Edgy  
Veggie  
Speciality  
Salad  
(V)**

White Bean,  
Wild  
Mushrooms,  
Leek & Truffle

Dates, Orange,  
Almond,  
Watercress,  
Coriander &  
Lime

Cashel Blue,  
Potato & Baby  
Leek

Chickpea,  
Mango and  
Coconut

Roasted Figs,  
Walnuts and  
Pecorino

**Power  
Protein  
Speciality  
Salad**

Smoked  
Venison,  
Pear, Blue  
Cheese  
& Pickled  
Walnuts

Poached  
Salmon Nicoise

Smoked  
Salmon with  
Chive Pancakes  
& Curly Endive

Smoked Ham  
Hock,  
Celeriac, Apple  
& Chicory

Prawn, Pink  
Grapefruit,  
Red Onion &  
Spinach

# March's Daily Specials

Week starting the 19th March



**Monday**

**19/03**

**Tuesday**

**20/03**

**Wednesday**

**21/03**

**Thursday**

**22/03**

**Friday**

**23/03**

**Edgy Veggie Speciality Salad (V)**

Labnah with Toasted Seeds, Mint & Cos Lettuce

Heritage Carrots, Golden Sultanas & Sunflower Seeds

Roasted Cauliflower, Red Onion & Lentils

Beetroot, Green Beans Chick Pea & Quinoa

Crumbled Feta, Cranberry, Chicory & Walnuts

**Power Protein Speciality Salad**

Smoked Duck with Mandarin & Hazelnuts

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

# March's Daily Specials

Week starting the 26th March



**Monday**

**26/03**

**Tuesday**

**27/03**

**Wednesday**

**28/03**

**Thursday**

**29/03**

**Friday**

**30/03**

**Edgy  
Veggie  
Speciality  
Salad  
(V)**

Smokey  
Aubergine Salad

Red & White  
Rice, Carrots,  
Cashew Nuts,  
Spring Onions &  
Curry Oil

Ricotta, Pea,  
Broad Bean &  
Pesto Pasta  
Salad

Spiced Turnip,  
Baby Spinach,  
Red onion,  
coriander &  
Yogurt

Bank Holiday

**Power  
Protein  
Speciality  
Salad**

Crispy Lamb,  
Chickpeas &  
feta

Roasted Duck  
Breast with  
Cucumber,  
Apples,  
Vermouth &  
Honey Dressing

Grilled Rare  
Tuna with  
Charred Water  
Melon & Spring  
Onions

Spicy Chicken  
with Giant  
Couscous

Bank Holiday