

FRIDAY LUNCH

Served from 11.30am to 3.00pm

CARROT AND CORIANDER SOUP

Allergens – None. Gluten and dairy free

VARIETY OF FRESHLY MADE SANDWICHES

VEGETARIAN AND VEGAN OPTIONS.

Allergens – Please see labelling on the day

SLICED BAGUETTE

WITH DAIRY FREE SPREAD OR BUTTER

Allergens – Milk (butter). Soya (dairy free spread). Gluten (bread)

SLICED CAKE, MUFFINS, TRAYBAKES, TABLET (SCOTTISH FUDGE)

Allergens – Milk (butter). Soya (dairy free spread). Gluten (bread)

FRUIT

ORANGE AND APPLE

BREAKFAST

ORGANIC GLUTEN FREE PORRIDGE.

HONEY, GOLDEN SYRUP, SUGAR, DRIED FRUIT TOPPINGS

Allergens – Dried fruit may contain traces of nuts, soya, gluten

MUESLI/CEREALS WITH SEMI SKIMMED MILK AND DAIRY FREE ALTERNATIVE

Allergens – gluten nuts and soya (cereals). Milk. Nuts and soya (dairy free alternative)

YOGHURTS AND DAIRY FREE ALTERNATIVE

Allergens – Milk (yoghurt). Soya (dairy free alternative)

BROWN AND WHITE TOAST

**MARMITE, JAMS, PEANUT BUTTER, NUTELLA, HONEY,
SLICED CHEESE AND HAM. DAIRY FREE SPREAD AND BUTTER.**

Allergens – Gluten (bread). Nuts (peanut butter, Nutella). Soya (Nutella and dairy free spread).
Milk (Nutella and butter)

PAIN AU CHOCOLAT

Allergens – Milk, gluten, soya, egg

FRUIT ORANGE AND APPLE

GRILLED BACON OR FRIED EGG IN A WHITE BREAD ROLL WITH DAIRY FREE SPREAD

Allergens – Gluten (bread). Egg. Soya (dairy free spread)

TEA, COFFEE, DECAF COFFEE, GREEN TEA, PEPPERMINT TEA, HOT CHOCOLATE

Allergens – Milk (hot chocolate). Soya (dairy free milk alternative)

PACKED LUNCH

2 X LARGE FILLED ROLLS

CHOOSE UP TO 3 OF THE FOLLOWING -

Ham, Cheese, Tuna Mayo, Salad, Peanut Butter, Jam, Nutella, Hummus

Allergens - Gluten, milk, nuts, milk, soya dependent on choice

PACKET OF SALTED PEANUTS

PIT STOP BAR

Allergens - milk, soya. Check individual flavour packaging

2 PIECES OF FRUIT **APPLE AND ORANGE**

BAG OF HARIBO

CARTON OF ORANGE JUICE

BOTTLE OF SPRING WATER

DINNER - FRIDAY

PENNE PASTA WITH SAUCE AND 2 SLICES OF GARLIC BAGUETTE

DEXTER BEEF BOLOGNAISE | VEGETABLE BOLOGNAISE (VEGAN)

Allergens - Gluten (pasta and sauces)

CHILLI CON CARNE

BRITISH MINCED BEEF WITH
RED KIDNEY BEANS AND A
MILDLY SPICED TOMATO SAUCE.
100% NATURAL INGREDIENTS.
BASMATI RICE.

Allergens - None. Gluten
and dairy free

CHICKEN TIKKA

CHICKEN MARINATED IN CREAM.
TIKKA SAUCE MADE WITH LIGHT
AROMATIC SPICES, TOMATOES, CREAM
AND CORIANDER. 100% NATURAL
INGREDIENTS. BASMATI RICE.

Allergens - Contains milk.
Gluten and GM free

VEGAN THAI CHICK PEA AND VEGETABLE GREEN CURRY

IMPORTED THAI CURRY PASTE BLENDED WITH COCONUT MILK. BASMATI RICE.

Allergens - None. GM, gluten and dairy free

SALAD BAR (INCLUDED WITH ALL MAIN COURSES)

SHREDDED ICEBERG LETTUCE
SLICED CUCUMBER
KIDNEY BEANS
TOMATO

SLICED RED ONION
GRATED CARROT
SWEETCORN

SUNFLOWER SEEDS
CROUTONS
DRESSINGS

Allergens - Gluten (croutons). Seeds and nuts (sunflower seeds).

Various - check ingredients list on dressings

SLICED BAGUETTE WITH DAIRY FREE SPREAD OR BUTTER

Allergens - Milk (butter). Soya (dairy free spread). Gluten (bread)

TRAYBAKES AND MUFFINS

Allergens - Gluten (all). Soya (all) Nuts (traybakes)

DINNER - SATURDAY

GALTRES QUARTER POUNDER AND FRIES

100% GALTRES DEXTER BEEF BURGER IN A WHITE ROLL. RED ONION, TOMATO AND LETTUCE. WITH OR WITHOUT CHEESE. SKIN ON FRIES WITH A SIDE OF COLESLAW

Allergens - milk (cheese and coleslaw). Gluten (bread roll and burger)

CHICKEN FILLET BURGER

WHOLE CHICKEN BREAST FILLET. SOUS VIDE AND FINISHED ON THE GRILL. SERVED IN A WHITE ROLL WITH RED ONION, TOMATO AND LETTUCE. SKIN ON FRIES AND A SIDE OF COLESLAW

Allergens - Milk, egg (coleslaw). Gluten (bread roll)

GALTRES DEXTER BEEF AND ONION ROLL

8 HOUR LOW AND SLOW PURE BREED DEXTER BEEF IN ONION GRAVY. SERVED IN A WHITE ROLL WITH DAIRY FREE SPREAD. ROAST POTATOES AND SIDE OF COLESLAW.

Allergens - Milk (coleslaw). Gluten (bread roll and gravy). Soya (dairy free spread)

CHILLI CON CARNE

UK MINCED BEEF WITH KIDNEY BEANS AND MILDLY SPICED TOMATO SAUCE.

ALL-NATURAL INGREDIENTS

Allergens - None. Gluten and dairy free

CHICKEN TIKKA

CHICKEN MARINATED IN CREAM. TIKKA SAUCE MADE WITH LIGHT AROMATIC SPICES, TOMATOES, CREAM AND CORIANDER. 100% NATURAL INGREDIENTS.

Allergens - Contains milk. Gluten and GM free

ITALIAN MEATBALLS

BRITISH BEEF MEATBALLS IN TOMATO AND HERB SAUCE. 100% NATURAL INGREDIENTS

Allergens - None. GM, gluten and dairy free.

DINNER - SATURDAY

VEGAN THAI CHICK PEA AND VEGETABLE GREEN CURRY

Allergens - None. GM, gluten and dairy free

VEGAN CHILLI

OLIVE OIL, KIDNEY BEANS AND ONION.

Allergens - None. GM, gluten and dairy free.

ALL ABOVE SERVED WITH A CHOICE OF: BASMATI RICE, SKIN ON FRIES, BAKED POTATO

Allergens - None. GM, gluten and dairy free

BAKED POTATO. ANY TWO TOPPINGS

BAKED BEANS, TUNA MAYO, GRATED CHEESE, GRATED VEGAN CHEESE, COLESLAW

Allergens - Milk (cheese), egg (mayo)

SALAD BAR (INCLUDED WITH ALL MAIN COURSES)

SHREDDED ICEBERG LETTUCE

SLICED CUCUMBER

KIDNEY BEANS

TOMATO

SLICED RED ONION

GRATED CARROT

SWEETCORN

SUNFLOWER SEEDS

CROUTONS

DRESSINGS

Allergens - Gluten (croutons). Seeds and nuts (sunflower seeds).

Various - check ingredients list on dressings

SLICED BAGUETTE WITH DAIRY FREE SPREAD OR BUTTER

Allergens - Milk (butter). Soya (dairy free spread). Gluten (bread)

TRAYBAKES AND MUFFINS

Allergens - Gluten (all). Soya (all) Nuts (traybakes)

DINNER - SUNDAY

STARTER PORTION OF HAGGIS

WITH A NIP OF SCOTCH WHISKY

Allergens - Gluten/Wheat

BARBEQUE

WHOLE CHICKEN BREAST FILLET

DEXTER BEEF BURGER

PREMIUM BRITISH SAUSAGES

VEGAN BURGER AND SAUSAGE

Allergens - Gluten (sausages and vegan options)

CHILLI CON CARNE

BRITISH MINCED BEEF WITH RED KIDNEY BEANS AND A MILDLY SPICED TOMATO SAUCE. 100% NATURAL INGREDIENTS

Allergens - None. Gluten and dairy free

CHICKEN TIKKA

CHICKEN MARINATED IN CREAM. TIKKA SAUCE MADE WITH LIGHT AROMATIC SPICES, TOMATOES, CREAM AND CORIANDER. 100% NATURAL INGREDIENTS.

Allergens - Contains milk. Gluten and GM free

ITALIAN MEATBALLS

BRITISH BEEF MEATBALLS IN TOMATO AND HERB SAUCE.

100% NATURAL INGREDIENTS

Allergens - None. GM, gluten and dairy free.

DINNER - SUNDAY

VEGAN THAI CHICK PEA AND VEGETABLE GREEN CURRY

Allergens - None. GM, gluten and dairy free

VEGAN CHILLI

OLIVE OIL, KIDNEY BEANS AND ONION.

Allergens - None. GM, gluten and dairy free.

ALL ABOVE SERVED WITH A CHOICE OF: BASMATI RICE OR SKIN ON FRIES

Allergens - None. GM, gluten and dairy free

SALAD BAR (INCLUDED WITH ALL MAIN COURSES)

Allergens - Gluten (croutons). Seeds and nuts (sunflower seeds).

SHREDDED ICEBERG LETTUCE

SLICED CUCUMBER

KIDNEY BEANS

TOMATO

SLICED RED ONION

GRATED CARROT

SWEETCORN

SUNFLOWER SEEDS

CROUTONS

DRESSINGS

Various - check ingredients list on dressings

SLICED BAGUETTE WITH DAIRY FREE SPREAD OR BUTTER

Allergens - Milk (butter). Soya (dairy free spread). Gluten (bread)

TRAYBAKES AND MUFFINS

Allergens - Gluten (all). Soya (all) Nuts (traybakes)