

LANCASTER GATE MENU

ALL DAY

Soft goat's cheese on sourdough toast with honey
(G/F option)

Poached eggs and smoked salmon on rye
(G/F option)

Fruit, granola and coconut yoghurt
(G/F-VE-N)

Porridge
Banana, strawberry chia jam, toasted almond,
with jasmine infused coconut milk
(V/E-N)

Mama avo
Avocado on toast, topped with goat's cheese, harissa and pumpkin seeds
(G / F option)

Taktouka
Roasted aubergine, peppers and homemade tomato sauce, served with poached eggs and toast
(G / F option)

Acai bowl
Pure acai berry topped with peanut butter, banana and buckwheat granola
(G / F-V / E-N)

Challah French toast
With homemade blackcurrant compote, mascarpone and coconut blossom syrup
Les Filles pancakes
Made with buckwheat, coconut cream, homemade mango and mint jam, fruit and date syrup
(G / F-V / E-Ns)

Spicy orange hummus
With poached eggs, labneh and chilli oil, served with pita
(V / E optional)

Hash browns stack
With creamy mushrooms, pesto and poached eggs
(V / E optional)

Add Ons
2 Poached eggs, Avocado, Smoked Salmon, Goat Cheese, Chicken, Spicy Chipotle

LUNCH

From 11.30am

Soup du jour

Soup of the day

(please ask a member of staff)

Tajine style

Mama slow cooked chicken thighs with sultanas, almonds and caramelised onions served with spelt pita

(N)

Mexi-Cali bowl

Brown rice, guacamole, black beans, smoked jackfruit and tomato salsa with tortilla chips.

(G / F-V / E)

Golden salad

Tricolor quinoa, baked sweet potatoes, cauliflower, rocket, sunflower seeds with miso, sesame oil, ginger and rice vinegar dressing

(G / F-V / E)

Squash salad

Black rice, butternut squash, toasted almonds, pomegranate, rocket with tamari, ginger, garlic, lime and sesame oil dressing

(G / F-V / E)

Great chicken salad

Pearl barley, roasted chicken, blueberries, stilton cheese, walnuts, mixed leaf salad with balsamic dressing

(N)

Sumptuously red salad

Grated beetroot, red onions, avocado, goat's cheese, spinach, pear with balsamic and olive oil dressing

(G / F-VEG-V / E option)

V/E- VEGAN, G/F-GLUTEN FREE, N- NUTS, VEG-VEGETARIAN

SANDWICHES

Filthy JLT

With slow cooked jackfruit, tomato, iceberg lettuce and vegan mayo

(V / E)

Shakshuka style

With roasted aubergine, onions, red peppers, feta and tomatoes

(VEG-V / E option)

Roasted chicken

With tomato salsa and smoked cheddar

WRAPS

Super green

Courgette, broccoli, vegan pesto, mixed leaves, spring onions

(V / E-N)

Moroccan

Chickpeas, chilli, garlic, all spice, hummus and mixed leaves
(V / E)