AUTUMN MENU

WEEK 1
WEEK 2
WEEK 3

MEAL DEAL £2.95

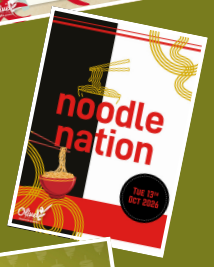
	MON	TUES	WED	THURS	FRI
MAIN £2.60	MOO-PING STYLE CHICKEN CURRY WITH COCONUT RICE (CE*, MU*, SO, G/W)	CINCINNATI STYLE BEEF CHILLI & STEAMED RICE (G/B*, O*, R*, W*)	ROAST CHICKEN WITH RUSTIC ROAST POTATOES, SEASONAL VEGETABLES & GRAVY (G/W)	FISH & CHIPS WITH GARDEN PEAS (F, G/B*, W)	GRAB N GO
ROOTS & SHOOTS £2.60	JAMAICAN CAULIFLOWER CURRY WITH RICE & PEAS (CE, G/B*, W*) V	VEGGIE CHILLI TACO WITH SHREDDED LETTUCE, SALSA & SPICY RICE (MU*, SO*, G/B*, O*, R*, W*) V	VEGETABLE & LENTIL PARCEL WITH RUSTIC ROAST POTATOES, SEASONAL VEGETABLES & GRAVY (CE, G/B*, W) V	MARGHERITA PIZZA WITH CHIPS & HOUSE SALAD (MK, G/W)	GRAB N GO
PASTA POPINA £2.45	TOMATO & BASIL PASTA (G/W) V	CREAMY MUSHROOM & PEA SPAGHETTI (CE, E, MK, G/W)	MAC & CHEESE (MK, G/W)	CHERRY TOMATO & SPINACH PASTA (CE, G/W) V	GRAB N GO
PUD £1.50	SUMMER CRUMBLE WITH CUSTARD (MK, G/W)	MANGO CHEESECAKE (E*, MK, SO*, G/B*, O*, R*, W)	CARAMELISED APPLE SPONGE WITH CUSTARD (E, MK, SO*, G/W)	CHOCOLATE & ORANGE MARBLE CAKE (E, MK, SO*, G/W)	GRAB N GO

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

ISLAND EATS	SPICE JUNCTION	MEZZE MADNESS	SEOULFUL BITES	Chefs Choice
STREET £2.80	FULLY LOADED CHEESEBURGER (MK, SE*, SO, SU, G/W)	CHICKEN MASSAMAN CURRY WITH LIME & CORIANDER RICE	NORTH AFRICAN SPICED BEEF WITH SEASONED WEDGES (CE, G/B*, O*, R*, W*)	FIRECRACKER CHICKEN WRAP WITH CAJUN MAYO (E, G/W)	GRAB N GO

Theme Days









Go Vegan V

ALLERGENS KEY:

CE = CELERY
CR = CRUSTACEAN
E = EGGS
F = FISH
G = GLUTEN
G/B = BARLEY
G/O = OATS
G/R = RYE
G/W = WHEAT
L = LUPIN
MK = MILK
MO = MOLLUSCS
MU = MUSTARD
N = NUTS
P= PEANUTS
SE = SESAME
SO = SOYA
SU = SULPHUR DIOXIDE
* = MAY CONTAIN

Olive dining
food with passion

AUTUMN MENU

WEEK 1
WEEK 2
WEEK 3

	MON	TUES	WED	THURS	FRI
MAIN £2.60	PAPRIKA SPICED BEEF GOULASH WITH BUTTERED EGG NOODLES (E, G/W)	LEBANESE SPICED CHICKEN WITH BATATA HARRA & TANGY TOMATO SAUCE (G/B*, O*, R*, W*)	SOUTHERN STYLE SLOPPY JOE BEEF CASSEROLE WITH SPICY RICE & GREEN BEANS	FISH & CHIPS WITH GARDEN PEAS (F, G/B*, W)	GRAB N GO
ROOTS & SHOOTS £2.60	HUNGARIAN VEGGIE MEATBALLS IN SPICED TOMATO SAUCE WITH BUTTERED POTATOES (E*, SO, G/B*, O*, R*, W)	ROASTED VEGETABLES, BEANS & CHICKPEAS WITH BATATA HARRA & TANGY TOMATO SAUCE (CE, G/B*, O*, R*, W*) V	SMOKEY BBQ JACKFRUIT BURGER WITH HOMEMADE POTATO WEDGES & RAINBOW SLAW (E, SE*, G/B*, O*, R*, W)	VEGGIE SUPREME PIZZA WITH CHIPS & HOUSE SALAD (MK, G/W)	GRAB N GO
PASTA POPINA £2.45	TOMATO & BASIL PASTA (G/W)	MEXICAN STREET CORN PASTA BAKE (MK, G/W)	MAC & CHEESE (MK, G/W)	MEDITERRANEAN VEGETABLE PASTA (G/W) V	GRAB N GO
PUD £1.50	STICKY TOFFEE PUDDING (E, MK, SO*, G/W)	MIXED BERRY CRUMBLE WITH CUSTARD (MK, G/W)	JAM & COCONUT SPONGE WITH CUSTARD (E, MK, SO*, SU, G/W)	JAMAICAN GINGER CAKE WITH CUSTARD (E, MK, SO*, G/W)	GRAB N GO

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

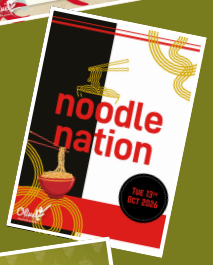
ISLAND EATS	SPICE JUNCTION	MEZZE MADNESS	SEOULFUL BITES	Chefs Choice
JERK CHICKEN CURRY WITH RICE & PEAS (CE)	FIRECRACKER BEEF & WHOLEGRAIN RICE (CE, G/B*, O*, R*, W)	LEMON & GARLIC CHICKEN GYROS WITH WARM FLAT BREAD & GARLIC SAUCE (MK, G/W)	CARAMELISED ASIAN BEEF RAMEN NOODLES (CE*, E, MU*, SO, G/W)	GRAB N GO

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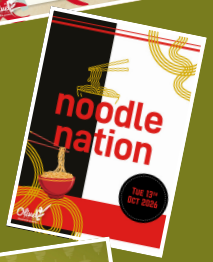
	MON	TUES	WED	THURS	FRI
MAIN £2.60	CHICKEN & VEGETABLE BALTI CURRY WITH STEAMED RICE (MU*, G/B*, O*, R*, W*)	MEAT FEAST PIZZA WITH HOMEMADE POTATO WEDGES & CHEF'S SALAD (CE*, E*, MK, MU*, SO*, G/W)	SOUTHERN SPICED CHICKEN JAMBALAYA	FISH & CHIPS WITH GARDEN PEAS (F, G/B*, W)	GRAB N GO
ROOTS & SHOOTS £2.60	SRI LANKAN YELLOW VEGETABLE CURRY WITH STEAMED RICE (CE) V	VEGGIE SUPREME PIZZA WITH HOMEMADE WEDGES & CHEF'S SALAD (MK, G/W)	CAJUN SPICED ROASTED POTATO DIRTY RICE WITH SOUTHERN FRIED GREENS (CE) V	MARGHERITA PIZZA WITH CHIPS & HOUSE SALAD (MK, G/W)	GRAB N GO
PASTA POPINA £2.45	MAC & CHEESE (MK, G/W)	CREAMY PUMPKIN PASTA (CE, E, MK, G/W)	MEDITERRANEAN VEGETABLE PASTA (G/W) V	ROASTED SQUASH & PEA ALFREDO SPAGHETTI (E, MK, G/W)	GRAB N GO
PUD £1.50	SPICED BANANA SPONGE WITH COCONUT SAUCE (E, MK, SO*, G/W)	PEAR UPSIDE DOWN CAKE WITH CUSTARD (E, MK, SO*, G/W)	CARROT CAKE (E, MK, SO*, G/B*, O*, W)	APPLE CRUMBLE WITH CUSTARD (MK, G/B*, O, W)	GRAB N GO

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

ISLAND EATS	SPICE JUNCTION	MEZZE MADNESS	SEOULFUL BITES	Chefs Choice
STREET £2.80	TRINIDADIAN STYLE BEEF HOT POT (CE, G/B*, O*, R*, W)	MEXICAN BEEF BURRITO WITH CHEF'S SALAD (CE, MU*, SO*, G/B*, O*, R*, W)	TURMERIC & HONEY CHICKEN WITH TABBOULEH AND TOMATO SAUCE (CE, SO, G/B*, O*, R*, W)	SWEET & SOUR CHICKEN BALLS & FRIED RICE (MK, SO*, G/B*, O*, R*, W)	GRAB N GO

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