

LUNCH MENU *Week One*

MAIN MEAL
£2.30

MAIN MEAL AND DESSERT
£2.58

CONSCIOUS CUISINE MEATLESS MONDAY MAIN	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian Brunch: Vegetable Sausage, Hash Brown, Mushroom, Grilled Tomato or Baked Beans V / VE	Devon Roast Beef with Roast Potatoes, Seasonal Vegetables and Gravy	Chicken, Sweet Potato and Chickpea Curry with Steamed Rice, Naan Bread and a selection of Sides	Traditional Brunch: Devon Pork Sausage, Bacon, Hash Brown and Baked Beans	Battered Fish, Salmon Goujons or Devon Sausage with Chips, Beans, Peas or Curry Sauce
Roasted Cauliflower and Butternut Tikka with Steamed Rice and Naan Bread VE	Homity Pie with Roast Potatoes, Seasonal Vegetables and Gravy V	Vegetable Hoisin Wrap with Hand Cut Wedges and Crunchy Slaw VE	Roasted Vegetable Lasagne with Garlic Focaccia, Mixed Salad and Slaw V	Homemade Vegetable Sausage Roll with Chips, Beans, Peas or Curry Sauce V
Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo
Dartmoor Beef Bolognese or Macaroni Cheese	Chorizo and Tomato or Roasted Vegetable and Pesto	Tomato and Basil or Bacon Carbonara	Macaroni Cheese or Meatballs	Chicken Pesto Pasta or Tomato and Basil
Jerk Chicken and Lime or Roasted Vegetable and Hummus	Tandoori Chicken or Melted Mozzarella and Tomato	Hoi Sin Duck and Crunchy Slaw or Falafel and Minted Yoghurt	BBQ Pulled Pork and Slaw or Halloumi and Basil Pesto	Pulled Chimmichurri Beef or Smokey Bean Chilli and Mozzarella
Korean Rice Pot VE	Sweet and Sour Vegetable Rice VE	Chicken Stir Fry Noodles	Hoi Sin Chicken Noodles	Sweet Chilli Noodles VE
Banana Marble Cake	Syrup Sponge and Custard	Chocolate Shortbread	Apple Flapjack	Lemon Oaty Cookie

Main
ONE

Main
TWO

Jacket
POTATO

Pasta
FROM £1.90

Wraps
HOT
FROM £2.20

Pots
FUEL
FROM £1.50

Desserts



LUNCH MENU *Week Two*

MAIN MEAL
£2.30

MAIN MEAL
AND DESSERT
£2.58

CONSCIOUS CUISINE MEATLESS MONDAY MAIN	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main ONE Vegetable Chilli with Steamed Rice, Tortilla Chips and Guacamole VE	Toad in the Hole with Roast Potatoes, Seasonal Vegetables and Gravy	Beef Lasagne with Garlic Focaccia Bread and Crunchy Slaw	Chicken Shawarma with Vegetable Rice and Healthy Slaw	Battered Fish or Devon Sausage with Chips, Beans, Peas or Curry Sauce
Main TWO Cheese and Onion Tart with New Potatoes and Mixed Green Salad V	Broccoli and Cauliflower Gratin with Roast Potatoes, Seasonal Vegetables and Gravy V	Mediterranean Vegetable Crumble with Hand cut Wedges and Roasted Broccoli VE	Mushroom and Vegetable Biryani with Naan Bread and Mango Chutney VE	Falafel and Minted Yoghurt Pitta with Chips, Beans, Peas or Curry Sauce V
Jacket POTATO Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo
Pasta FROM £1.90 Dartmoor Beef Bolognese or Macaroni Cheese	Chorizo and Tomato or Roasted Vegetable and Pesto	Tomato and Basil or Bacon Carbonara	Macaroni Cheese or Meatballs	Chicken Pesto Pasta or Tomato and Basil
HOT Wraps FROM £2.20 Jerk Chicken and Lime or Roasted Vegetable and Hummus	Tandoori Chicken or Melted Mozzarella and Tomato	Hoi Sin Duck and Crunchy Slaw or Falafel and Minted Yoghurt	BBQ Pulled Pork and Slaw or Halloumi and Basil Pesto	Pulled Chimmichurri Beef or Smokey Bean Chilli and Mozzarella
FUEL Pots FROM £1.50 Korean Rice Pot VE	Sweet and Sour Vegetable Rice VE	Chicken Stir Fry Noodles	Hoi Sin Chicken Noodles	Sweet Chilli Noodles VE
Desserts Lemon Drizzle Cake	Strawberry Mousse	Chocolate Brownie	Carrot Cake	Pink Raspberry Flapjack

Main ONE

Main TWO

Jacket POTATO

Pasta
FROM £1.90

HOT Wraps
FROM £2.20

FUEL Pots
FROM £1.50

Desserts



KEY: VE VEGAN V VEGETARIAN

LUNCH MENU *Week Three*

MAIN MEAL
£2.30

MAIN MEAL
AND DESSERT
£2.58

	CONSCIOUS CUISINE MEATLESS MONDAY MAIN	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main ONE	Mediterranean Ratatouille with Steamed Rice and Homemade Focaccia Bread VE	Roast Shoulder of Pork with Roast Potatoes, Seasonal Vegetables and Gravy	Hunters Chicken with Baked Wedges and Roasted Vegetables	Spicy Chicken Fajita with 5 Bean Rice and Pineapple Salsa	Battered Fish or Devon Sausage with Chips, Beans, Peas or Curry Sauce
Main TWO	Creamy Mushroom and Leek Tagliatelle with Homemade Focaccia Bread, Peas and Sweetcorn V	Yorkshire Pudding Cottage Pie with Roast Potatoes, Seasonal Vegetables and Gravy V	Roasted Vegetable Fajita with Sweet Potato Wedges and Smoked Sweetcorn VE	Sweet and Sour Vegetables with Noodles and Broccoli VE	Cajun Bean Burger with Chips, Beans, Peas or Curry Sauce V
Jacket POTATO	Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo
Pasta FROM £1.90	Dartmoor Beef Bolognese or Macaroni Cheese	Chorizo and Tomato or Roasted Vegetable and Pesto	Tomato and Basil or Bacon Carbonara	Macaroni Cheese or Meatballs	Chicken Pesto Pasta or Tomato and Basil
HOT Wraps FROM £2.20	Jerk Chicken and Lime or Roasted Vegetable and Hummus	Tandoori Chicken or Melted Mozzarella and Tomato	Hoi Sin Duck and Crunchy Slaw or Falafel and Minted Yoghurt	BBQ Pulled Pork and Slaw or Halloumi and Basil Pesto	Pulled Chimmichurri Beef or Smokey Bean Chilli and Mozzarella
FUEL Pots FROM £1.50	Korean Rice Pot VE	Sweet and Sour Vegetable Rice VE	Chicken Stir Fry Noodles	Hoi Sin Chicken Noodles	Sweet Chilli Noodles VE
Desserts	Jam and Coconut Sponge	Citrus Sponge	Chocolate Krispie Cake	Apple Crumble and Custard	Blueberry Muffin

Main ONE

Main TWO

Jacket POTATO

Pasta
FROM £1.90

HOT Wraps
FROM £2.20

FUEL Pots
FROM £1.50

Desserts

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

