7 Day Crew Menu

Monday –

Breakfast

High Protein, Breakfast muffins – egg, bacon, smash patty, spinach, sweet potato hash.

Lunch

Lemon, ginger chicken

Slow roast pork tacos

Spicy 3 bean salad

Quinoa salad

Grilled corn, lemon, chilli, garlic

Guacamole

Salsa

Veggie 3 cheese nachos

Dinner

Panzanella Salad

Burrata, Rocket, Tomato with aged balsamic

Crispy squid, lemon aioli

Pesto crusted lamb medallions

Rosemary parmesan polenta fries

Tomato, onion, sea salt focaccia

Tuesday –

Lunch

Nigella seed flatbreads

Beetroot feta dip

Hummus

Shrimp lemon skewers yogurt and dill

Greek salad

Lamb skewers

Tahini beetroot salad

Harissa roast eggplant

Dinner

Whole roast fish stuffed with lemon, herbs

Lamb rack, pistachio mint

Garlic spinach

Spicy roast cauliflower bites

Garden salad

Lentil salad with salsa Verde

Quinoa courgette fritters

Wednesday

Lunch

Spanish tortilla

Padron peppers

Patatas bravas

Sauteed chorizo with parsley

Warm kale salad, toasted almonds, Parma ham

Griddled hot n spicy prawns

Chicken Paella

Dinner

Coconut Chicken Curry

Sag aloo

Naan Bread

Poppadom's

Aloo Gobi

Samosas

Raita, onion, tomato

Onion fennel bhajis

Mango lassies

Thursday –

Lunch

Kimchi ramen

Crispy beef salad

Bao Bun, Sticky pork

Crispy chicken with katsu sauce

Sweet chilli chicken balls

Ponzu Pak choi add on to

Green papaya salad

Soy, ginger tender stem

Asian Slaw

Dinner

Humus With Pomegranate, Spiced Chickpeas And Parsley

Falafel, Crisp Chickpea Patties, Coriander & Parsley Finished With Tahina Sauce

Lamb Kibbeh Lightly Spiced Handmade Ground Lamb Parcels Finished With Mint Yoghurt Sauce

Vesuvio Tomatoes, Sumac Onions, Croutons, Borlotti Beans & Herbs

Honeymoon Melon, Cucumber, Za'atar, Aleppo Chilli & Mint

Tabbouleh, Freshly Chopped Parsley, Quinoa, Tomato, Mint & Onion

Braised Lamb & Butter Bean Slowly Braised Cubed Leg Of Lamb, Fragrant Tomato & White Bean

Friday

Lunch

Cheese Samboussek, Handmade Pastry Parcels Filled With Melted Cheese & Mint Sauce

Zaatar, Garlic, Lemon Flatbreads

Feta Dip With Soujok Smooth Whipped Feta, Beef Soujok With Pomegranate Molasses

Dzohra Salad Marinated Grilled Chicken, Feta & Lebanese Salad Topped With Crispy Pitta & Dzohra Sauce

Mauve Aubergine, Datterino Tomatoes, Chickpeas & Yoghurt

Halloumi & Roasted Figs Marinated In Sweet Rosewater, Toasted Pistachio Nuts

Lebanese Wings Slow-Grilled Chicken Wings Marinated In Lemon, Garlic & Onion

Dinner

Thinly Sliced roast beef

Herb brined spatchcock chicken

Honey, cumin roast carrots

Roasted Broccoli

Duck fat roast potatoes

Gravy

Peas

Herby Seasonal salad

Cous cous, tomato, parmesan salad

Yorkies

Saturday

Lunch

Philly cheesesteak toasted rolls

Chicken, bacon puttenesca

Spinach, tomato, roast med veg pasta salad

Mango, pomegranate herby salad

Hash browns, chipotle dipping sauce

Roasted squash, tahini, yogurt pomegranate

Dinner

Cajun Buttermilk chicken wings

Grilled halloumi salad salsa

Lemon and dill grilled sea bass

Vege mushroom, pepper, feta kebabs

Jamaican jerk aubergine

Portobello garlic and parsley butter

Herby potato wedges

Slaw

Mac n cheese bites

Slow roast pork ribs

Sunday

Lunch

Avocado Sushi rolls

Salmon sushi rolls

Tuna tataki

Edamame quinoa salad

Miso soup, tofu, wakame noodles

5 spice feta, mint garden salad with ponzu, lime dressing

Seared beef with chimichurri

Steamed veg

Dinner

Creamy Chicken pasta with pepper pesto

Sauteed garlic mushrooms

Tomato, basil mozzarella salad

Cheesy garlic bread sticks

Crispy kale, roast walnuts, cabbage and chard

Cobb salad