



# Individual Lunch Menu

## Collection only from Café Metro

### Menu LB1

1. Salad Box (Please choose one option per person)

- Chicken, Bacon & Roquito Macaroni Pasta in Light Mayonnaise
  - Vegetarian Eastern Mezze
  - Gluten Free Lemon Chicken
- Gluten Free Quinoa & Avocado Salad
  - Greek Salad

2. Fresh Fruit

3. Tim's Dairy Fruit Yoghurt

4. Mineral Water 500 ml

### Menu LB2

1. Freshly Prepared baguette with choice of filling (Please choose one option per person)

- Ham, Salad and Dijon Mustard Mayo
  - Turkey, Brie and Cranberry
  - Bacon Lettuce and Tomato
  - Tuna Mayonnaise and Cucumber
- Cheddar & Ale Chutney, Tomato and Red Onion
  - Egg Mayonnaise & Seasonal Salad

- Piri Piri Chicken in Yoghurt Dressing with Salad leaves
  - Humus and fresh salad ( Vegan)
- 2. Walkers Crisps ( Plain, Salt & Vinegar or Cheese & Onion )
- 3. Fresh Fruit
- 4. Bottle of Water 500ml

## **Menu LB3**

1. Freshly Prepared Wrap with choice of filling (Please choose one option per person)

- Piri Piri Chicken, tomato salsa, mixed leaves and mayonnaise
- Southern Fried Chicken, sweet chilli sauce, mixed leaves, cucumber and mayonnaise
- Mexican Three Bean, Cheddar cheese, guacamole and mixed leaves ( Vegan Option Available)
  - Tuna Mayonnaise and Avocado
  - Spicy Falafel with lettuce and mint yoghurt
  - Spinach Pakora with Raita and mixed Lettuce

2. Flapjack or Vegan Alternative

3. Fresh Apple

4. Mineral Water 500 ml

We also offer a range of Gluten Free individually wrapped cakes such as flapjacks and rocky road. Or non gluten free items such as cake slices, muffins and traybakes

All prices are subject to VAT at current rate where applicable, and will be charged individually as per item purchased in unit.

To help reduce the risk of Covid-19 transmission we have implemented extra checks and hygiene practices in our unit. We are happy to label each bags with the name of each individual, please email [orders@foodonthepark.co.uk](mailto:orders@foodonthepark.co.uk) with names and menu choices if required.

Orders must be received a minimum of 48 hours in advance no cancellations are accepted for orders with less than 24 hours notice. Payments must be made via online payment prior to delivery or upon receipt of invoice.