



K I N G S F O R D P A R K

LUNCH MENU

Nibbles & Sides

- **Garlic stuffed olives** 273 kcal (V) (VE) (GF) £5.00
with balsamic glaze
- **Sweet & spicy corn & nut mix** 428 kcal (V) (VE) (GF) £3.00
- **Homemade focaccia** 717 kcal (V) (VE) £5.50
with butter, oil & balsamic
- **Roasted broccoli** 188 kcal (V)(VE)(GF) £6.00
with toasted flaked almonds
- **Rustic chips** 602 kcal (V)(VE)(GF) £5.00
with infused sea salts
- **Chefs house salad** 161 kcal (V)(VE)(GF) £4.00

Light Bites

- **Spiced pork belly bites** 528 kcal (GF) £6.50
- **Whipped goats cheese, roasted beetroot** (GFA) 710 kcal £7.50
with toasted sourdough and sweet walnuts.
- **Thai chicken cakes** (GF) 250 kcal £7.00
with sweet chilli sauce
- **Butter bean hummus** 318 kcal (V) (VE) £6.00
with smoked paprika & pita chips

Salads

- **Steak & romesco salad** (GF) 530 kcal £13.00
5 oz Sirloin steak with roasted red peppers, potatoes, toasted almonds, green beans, cherry tomatoes & roasted chillies
(£2 supplement)
- **Baked salmon with quinoa salad** (GF) 838 kcal £13.00
Baked salmon supreme glazed in honey & tamari, with quinoa, cucumber, peppers, chickpeas, mint, parsley, bok choy & sunflower seeds dressed with lemon dressing
(£2 supplement)
- **Avocado, courgette & chilli prawn salad** (GF) 504 kcal £11.50
Avocado salad with grilled courgette, tomatoes, feta, spinach & basil with a lemon dressing topped with baked chilli prawns
- **Superfood salad** (VEA) (GF) (V) 849 kcal £11.50
Roasted sweet potato with quinoa, broccoli, toasted almonds, salad cress, avocado, and pomegranate. Topped with chilli flakes, feta, pine nuts and fresh lime juice.
- **Caesar salad** (300 kcal) £10.00
(add chicken £2.00) 491 kcal

Mains

- **Lamb cutlets** (GF) 871 kcal £19.00 with minty crushed new potatoes, spring greens, spring peas & lamb jus
(Spa supplement £5)
- **Creamy pesto gnocchi** (GF)(V) 860 kcal £13.00
with spinach, pine nuts and lemon zest
(Spa supplement £2)
- **Spiced Lamb burger** (GFA) 1122 kcal £16.00
with minted yoghurt caramelised onions & rocket
(Spa Supplement £4)

Sandwiches & Paninis

All sandwiches, paninis are served with crisps & salad
Upgrade to chips £1.50

Gluten free bread is available for all sandwiches

- **Roast chicken with pesto aioli** sandwich or panini
781 kcal/with chips 989 kcal £12.00
- **Tuna, gherkins, red onion & celery** sandwich or panini
734 kcal/with chips 941 kcal £12.00
- **Coronation chickpea** sandwich or panini
797 kcal/ with chips 1004 kcal (V) (VE) £10.00
- **Sausage, mozzarella & pesto** panini
915 kcal/with chips 1039 kcal £11.00
- **Sweet potato falafel, hummus & rocket** sandwich
817 kcal/with chips 941 kcal (V) (VE) £12.00

Dishes labelled with GF and DF can be requested when ordering. GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan

Concerns about allergies & intolerances? Visit allergymenu.uk & enter the code BAN476

Please ask the Food and Beverage Team for allergen information, in order to make your own menu choice. Please note some products on the menu contain allergens and not all ingredients are listed. This product information may change due to suppliers therefore please make sure you ask for allergen information or inform us of your allergies/dietary requirements every time you make a purchase. You can access allergen information about our menu using the 'allergy menu uk' app or website <https://allergymenu.uk>. This information covers the 14 major allergens. If you are having difficulty viewing this please ask a member of our Team. Equipment in a restaurant/kitchen area is shared and cross contamination may occur, therefore some products may not be suitable for those with allergies. Allergens are only declared if they are intentionally added to a product.

