

# T O M <sup>S</sup> K I T C H E N

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## DELI

### *Hot Drinks*

	Standard	Large	Extra Large
Espresso	£1.65	£1.95	
Macchiato	£1.75	£2.10	
Americano	£2.20	£2.40	£2.70
Cappuccino	£2.60	£2.90	£3.10
Caffe Latte	£2.60	£2.90	£3.10
Flat White	£2.65	£2.95	£3.60
Hot Chocolate	£2.95	£3.25	
English Breakfast	£1.95	£2.10	
Fruit Tea	£2.10	£2.30	
Chai Tea Latte	£2.75	£3.25	
Extra Shoot	£0.50		
Add Syrup	£0.50		

### *Soft Drinks*

Coke	£2.00
Coke	£2.00
Fanta	£2.00
Sprite	£2.00
Vit Hit	£2.95
Vivid Organic	£2.95
Cowston Bottle	£3.50
Cowston Can	£2.25
Home Made Cordial	£1.50
Still Water	£1.75
Sparkling Water	£1.75
San Pellegrino Can	£2.25
Fresh Orange Juice	£2.95
Fresh Apple Juice	£2.95
Bottle of Lager	£4.50
Bottle of Bitter	£5.00
Bottle of Cider	£4.75
Bottle of White Wine	£5.50
Bottle of Red Wine	£5.50
Ice Tea	£1.95
Lemonade	£1.95
Fruit Shoot Apple/Blackcurrant	£2.95
Fruit Shoot Orange	£2.95

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### *Bakery*

Battenburg Cake	£2.95
Coconut cake	£3.75
Orange and olive oil cake	£2.45
Carrot cake	£2.95
Banana loaf cake	£2.95
Orange polenta cake	£3.25
Lemon and poppy seed drizzle	£2.95
Victoria sponge	£3.25
Red velvet cake	£3.75
Eccles cakes	£2.25
Rich cocoa brownie	£2.45
Seasonal flapjack	£2.20
Homemade Jaffa Cake	£2.95
GF almond crescent	£3.95
Palmiers	£1.95
Homemade cookies	£1.95
Muffins	£2.20
Nutella Brownei	£2.45
Fat Rascal	£1.95
Wellsh Cake	£1.95
Hummingbird Cake	£3.75
Doughnut	£1.50
Porridge	£2.75
Butter Croissant	£1.95
Pain au Raisin	£2.10
Pain au Choc	£2.10
Fruit Pot	£1.95
Yoghurt & Muesli	£3.50

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### *SPRING LUNCH ROTATION*

#### WEEK - 1

##### SALADS

Cous cous, cherry tomatoes, almonds, sultanas, mint  
French beans, grilled leeks, anchovies, black olive tapenade, basil  
Roast squash, rocket, pecorino, sage, honey  
Sweetcorn, white cabbage, carrot, coriander slaw

##### PROTEINS

Spring herb tart, red cherry tomato, curly Endive, aged balsamic  
South coast smoked mackerel fillet, pickled cucumber, dill mayo  
Lemon, honey, thyme roasted chicken breast

##### SANDWICHES

Roasted vegetables, goat's cheese, baby spinach wrap  
Chicken & chorizo, beef tomato, spiced mayo, pumpkin bread  
Hot smoked salmon, capers, crème fraiche, watercress baguette

#### WEEK - 2

##### SALADS

Butternut squash, ginger, tomato, cashew nuts, lime yogurt  
Beetroot, feta cheese, pomegranate, spinach  
Green beans, roasted mushrooms, almond flakes, nutmeg  
Puy lentils, pecorino cheese, radicchio lettuce, honey, walnuts, parsley

##### PROTEINS

Smoked aubergine, Greek yogurt, coriander tartlets  
Prawns, smoked paprika mayo, gem lettuce, fresh dill  
Homemade sausage roll, piccalilli, lambs lettuce

##### SANDWICHES

Salt beef bagel, pickled spring vegetables, dill mayo  
Smoked mackerel, horseradish cream, caramelised red onion baguette  
Grilled aubergine, tomato, green pesto, pumpkin bread

#### WEEK - 3

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### SALADS

Pearl barley, piquillo peppers, borlotti beans, green herbs  
Fregola salad, pink radish, basil, rocket, lemon oil  
Saffron rice, roasted chorizo, pistachio, mixed herbs  
Fine beans, confit cherry tomato, grilled halloumi cheese, courgette

### PROTEINS

Roast fillet of salmon, parmesan herb crust, lemon, watercress  
Wild mushroom Wellington, grape chutney, mixed leaves  
Open steak sandwich, shallot chutney, rocket, parmesan, balsamic glaze

### SANDWICHES

Goat's cheese, grilled root vegetable, roasted onion chutney, watercress wrap  
Spiced chicken breast, sweet cured bacon, avocado & chilli mayo, pumpkin bread  
Beetroot Gravadlax, cream cheese, sweet dill gherkin, watercress bagel

WEEK - 4

### SALADS

Sicilian cous cous, orange, parsley, green olive, shallots, yellow cherry tomato  
Tenderstem broccoli, toasted hazelnuts, red chilli, wild rocket  
Jersey royals, spring onion, paprika mayo, olive oiled pea shoots, baby watercress  
Roasted butternut squash, red pepper, green lentils, dolcelatte

### PROTEINS

Burratta, candied orange, black olives, rocket, orange dressing  
BBQ chicken skewers, lime yoghurt dip, coriander  
Hot smoked salmon tartlet, sun dried tomato, frisee lettuce, lemon dressing

### SANDWICHES

Grilled aubergine, feta cheese, red hummus, pumpkin bread  
Crayfish tail baguette, lemon & dill mayo, glazed red onion  
Chicken tikka wrap, yoghurt & lime dressing, baby spinach

Vegetarian sandwich	£5.25
Meat sandwich	£5.40
Fish sandwich	£5.40
Chicken and Tarragon Wrap	£5.50
Meat Protein & two salads	£7.95
Fish Protein & two salads	£7.75
Vegetarian Protein & two salads	£7.25

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All of the above also include a mixed leaf salad

Any two salads plus mixed leaf salad	£5.25
Soup of the and bread	£4.50
Stew of the Day and bread	£5.50
Extra portion of salad	£2.95

### *Bundles & Offers*

Kids bags	£5.00
Soup and salad	£8.50
Soups and sandwich	£8.50
Coffee/Tea and morning pastry	£3.50
Coffee/Tea and cake	£3.95