

SWIFT LUNCH MENU

Available Tuesday - Friday 12:00 - 15:00

MAINS £10 each

Roast pumpkin & quinoa salad, pomegranate, rocket, citrus dressing VG 465 kcal

Caesar salad, Cos lettuce, anchovies, Parmesan dressing, rosemary & potato sourdough croutons 465 kcal

Add chicken H +290 kcal (suppl. £4)

Pan fried seabass, potato & tomato salad, Romesco sauce 450 kcal

Chicken Taquitos, pico de gallo, avocado, salsa, queso fresco H 723 kcal

Beef burger, brioche bun, gherkins, gem lettuce, cheese, burger sauce 1515 kcal

Rigatoni pasta, 36 months Parmesan, datterino tomato sauce, basil V 981 kcal

SIDES

£6 each

Tomato salad, pickled shallots, herb gremolata, extra virgin olive oil $\mbox{ VG }$ 312 kcal Rocket salad, Parmesan & balsamic $\mbox{ V }$ 208 kcal

Truffle & Parmesan chips V 754 kcal