

# Honest Grains menu

Our weekday menu offers a carefully selected range of breakfast and lunch options. While we regularly update our offerings, you'll often find featured items similar to those listed below.

## Breakfast

Patisserie

Filled savoury croissants

Filled savoury bagels

Breakfast bakes

Granola yoghurt pots

Cinnamon buns

## Lunch

### Soup

A selection of two seasonal soups served with freshly bakes baguette

### Baguettes

Chipotle chicken, smoky peppers & salad

Char-grilled peppers, sun-dried tomato & cream cheese

Tuna & cucumber

Chicken Caesar salad

Avocado, olives and peppers

Mature cheddar, pickle & salad

### Pannini & Foccacias

Tuna melt

Mozzarella, tomato and basil

Italian chicken

Chicken tikka and cheese

Mexican Tuna

Mexican Chicken

Pepperoni & Cheese

### Specials

Roasted aubergine, red pepper hummus, roasted cherry tomatoes

Chicken Inferno

Chicken Katsu

Grilled Zucchini & Mozzarella

Meatball Melt

Roasted Zucchini in balsamic & mint glaze and ricotta

Hot Honey Chicken

Smashed siracha egg mayo & avocado

Korean fried chicken

### Salad

A selection of gourmet salad combinations prepared freshly by our chefs. Two different combinations available each week.

### Cakes & Bakes

A delicious selection of cookies and cakes.