

LUNCH & DINNER MENU



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

Nibbles

- **Homemade focaccia**, oil, balsamic & butter (V) 626 kcal **£4.50**
- **Harissa hummus** and pita chips (V) **£4.50**
- **Mixed olives** (V) (VE) 240 kcal **£4.50**
- **Sweet chilli pork belly bites** 528 kcal **£5.00**

Starters

- **Super greens soup** (GF) (V) (VE) 95 kcal **£5.00**
Stemmed broccoli, kale, spinach soup
- **Fried halloumi sticks** with chilli sauce (V) 495 kcal **£6.00**
- **Chicken and herb broth** (GF) 132 kcal **£5.00**
Poached chicken with noodles & fresh herbs
- **Meatballs with sticky glaze & toasted sesame seed** 792 kcal **£5.00**

Mains

- **Korean BBQ chicken burger** with kimchi 1100 kcal **£13.00**
- **Moroccan pulled lamb bap harissa yoghurt**, pomegranate, rocket and spiced chips 985 kcal **£11.00**
- **Caesar salad** **£10.00** (300 kcal)
(add chicken **£2.00**) 491 kcal
- **Prawn linguine**, garlic and chilli butter 991 kcal **£12.00**
- **Steak and romesco** salad (GF) 530 kcal **£10.50**
5 oz sirloin steak with roasted red peppers, potatoes, toasted almonds, green beans, cherry tomatoes and roasted chillie
- **Baked salmon** with quinoa salad (GF) 838 kcal **£10.50**
Baked salmon supreme glazed in honey and tamari, with quinoa, cucumber, peppers, chickpeas, mint, parsley, bok choy and sunflower seeds dressed with lemon dressing

Sides

- **Garlic and thyme** cubed potatoes **£3.50** (V) 283 kcal
- **Kimchi** fried rice **£5.50** (V) 814 kcal
- **Greek salad** **£5.50** (V) 350 kcal
- **Rustic chips**, cajun maldon sea salt or rosemary maldon sea salt **£3.50** (V)(VE) 277 kcal
- **Avocado and grilled courgette salad** with chilli prawns (GF) 504 kcal **£9.50**
Avocado salad with courgette, tomatoes, feta, spinach and basil with a lemon dressing topped with baked chilli prawns
- **Thai green chicken curry** with wild rice (GF) 670 kcal **£9.50**
Aromatic and fragrant thai green chicken breast curry with turmeric wild rice
- **Superfood salad** (VEA) (GF) (V) 849 kcal **£10.50**
Roasted sweet potato with quinoa, broccoli, toasted almonds, salad cress, avocado, and pomegranate. Topped with chilli flakes, feta, pine nuts and fresh lime juice.

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 BAN474

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.