



MENU INGREDIENTS

Pea & potato samosas

Filling. Potato, red onion, green chilli, ginger, frozen peas, carrots, spices – chilli powder, asafoetida.

Lemon juice, fresh coriander, salt & black pepper.

*Pastry. **Plain Flour (wheat)**, cold pressed rapeseed oil, nigella seeds, salt & sugar.*

Lamb & mango samosas

Filling. Lamb mince (20%), red onion, green chilli, frozen peas, carrots, mango, malt vinegar, ginger, garlic, sugar, spices – dried mint, cayenne pepper, asafoetida. Coriander, turmeric, cinnamon, paprika, cumin, cardamom, clove, nutmeg. Oil, fresh coriander, salt & black pepper.

*Pastry. **Plain Flour (wheat)**, cold pressed rapeseed oil, nigella seeds, salt & sugar.*

Veg Gyoza

*Filling. Mushroom, carrot, cabbage, leek, spring onions, **hoisin sauce (soya, wheat, sesame)**, garlic, ginger, chilli flakes, **sesame oil (sesame)**, salt & black pepper.*

*Pastry. **Plain Flour (wheat)**, cold pressed rapeseed oil, salt & sugar.*

Pork & Pak Choi Gyoza

*Filling. Pork mince (20%), pak choi, spring onions, **hoisin sauce (soya)**, garlic, ginger, chilli flakes, **sesame oil (sesame)**, salt & black pepper. Pastry. **Plain Flour (wheat)**, cold pressed rapeseed oil, salt & sugar.*

Mushroom & Bay Soup

*Mushrooms, onion, garlic, bay leaf, **butter (milk)**. Cornflour, Organic vegetable stock – sea salt, potato starch, sustainable palm oil, vegetables – **celery**, onion, carrot, parsnip, tomato. sunflower oil, yeast extract, caramelized sugar, herbs & spices – lovage, turmeric, parsley & black pepper. VGA – swap **butter** for vegan butter.*

Tom Ka Gai, Chicken, Coconut & Noodle Soup

*Chicken, full fat coconut milk, mangetout, rice noodles, ginger, lemongrass, red chilli, **fish sauce (fish)**, lime, fresh coriander, salt & pepper. Organic chicken stock – sea salt, potato starch, sustainable palm oil, sugar, chicken fat, yeast extract, natural chicken flavour, chicken powder, spices & herbs – turmeric, parsley, rosemary & black pepper, onion.*



Tom Ka Kai, 3 Pepper, Coconut & Noodle Soup

*Red pepper, yellow, pepper, green pepper, full fat coconut milk, mangetout, rice noodles, ginger, lemongrass, red chilli, **Tamari soy sauce (soya)**, lime, fresh coriander, salt & pepper. Organic vegetable stock – sea salt, potato starch, sustainable palm oil, vegetables – **celery**, onion, carrot, parsnip, tomato. sunflower oil, yeast extract, caramelized sugar, herbs & spices – lovage, turmeric, parsley & black pepper.*

Pizzetta Margherita

Strong white bread flour (wheat), plain flour (wheat), yeast, sugar, olive oil & salt. Tomato Sauce, tomatoes, onion, garlic, olive oil, oregano, salt & black pepper. **Mozzarella cheese (milk), Gran Padano cheese (milk), fresh basil & black pepper.**

Pizzetta Funghi

Strong white bread flour (wheat), plain flour (wheat), yeast, sugar, olive oil & salt. Tomato Sauce, tomatoes, onion, garlic, olive oil, oregano, salt & black pepper. **Mozzarella cheese (milk), chestnut mushrooms, fresh basil & black pepper.**

Pizzetta Banger

Strong white bread flour (wheat), plain flour (wheat), yeast, sugar, olive oil & salt. Tomato Sauce, tomatoes, onion, garlic, olive oil, oregano, salt & black pepper. **Mozzarella cheese (milk), pepperoni, black olives, fresh basil & black pepper.**

Amandough Baguette

Strong white bread flour (wheat), yeast & salt.

Amandough Garlic Baguette

Strong white bread flour (wheat), yeast & salt. **Butter (milk), garlic, salt & dried thyme.*
VGA – swap **butter** for vegan butter.*

Arabic flatbread

Strong white bread flour (wheat), yeast, nigella seeds, olive oil & salt.

Greek Yoghurt Naan, with Ghee & Nigella seeds

Plain flour (wheat), Greek yoghurt (milk), ghee (clarified butter, milk), baking powder, nigella seeds & salt.

*VGA – swap **greek yoghurt** for coconut style greek yoghurt, swap **butter** for vegan butter, swap **ghee** for British cold pressed rapeseed oil.*



Greek Yoghurt Naan, with Ghee & Garlic

Plain flour (wheat), Greek yoghurt (milk), ghee (clarified butter, milk), baking powder, garlic & salt.

*VGA – swap **greek yoghurt** for coconut style greek yoghurt, swap **butter** for vegan butter, swap **ghee** for British cold pressed rapeseed oil.*

Greek Yoghurt Naan, with Ghee, Green Chilli & Coconut

Plain flour (wheat), Greek yoghurt (milk), ghee (clarified butter, milk), baking powder, green chilli, desiccated coconut, preservative (sulphur dioxide) & salt.

*VGA – swap **greek yoghurt** for coconut style greek yoghurt, swap **butter** for vegan butter, swap **ghee** for British cold pressed rapeseed oil.*

Brioche burger bun

Strong white bread flour (wheat), butter (milk), milk, eggs (egg), sugar, yeast & salt.

Spicy Sri Lankan Chicken & Chickpea Curry

*Chicken boned & skinned thigh, tomatoes, full fat coconut milk, **chickpeas (may contain lupin & soya)**, garlic paste, ginger paste, **ghee (clarified butter - milk)**, spices - chilli powder, fennel seeds, cumin, coriander, turmeric, cinnamon, **black mustard seeds (mustard)**, fenugreek seeds, cardamon. Red onion, curry leaves, lime, salt & pepper.*

Spicy Sri Lankan Chickpea, Sweet Potato & Green Bean Curry

*Tomatoes, full fat coconut milk, **chickpeas (may contain lupin & soya)**, sweet potato, green beans, garlic paste, ginger paste, cold pressed rapeseed oil, spices - chilli powder, fennel seeds, cumin, coriander, turmeric, cinnamon, **black mustard seeds (mustard)**, fenugreek seeds, cardamon. Red onion, curry leaves, lime, salt & pepper.*

Aloo Sabzi, Potato, Chickpea & Paneer Curry

*Potatoes, **chickpeas (may contain lupin & soya)**, **paneer cheese (milk)**, **butter (milk)**, red onion, green chilli, ginger, cold pressed rapeseed oil, spices – ground coriander, deggi mirch chilli powder, turmeric, cumin seeds, asafoetida, garam masala, fenugreek leaves, amchur (mango powder). Fresh coriander, lime, salt & black pepper.*

Herb-roasted Chicken Leg with Roast Potatoes

Chicken leg, cold pressed rapeseed oil, thyme, rosemary, onion, garlic, salt & pepper.



Mando's Peri Peri Chicken Leg

Chicken leg, cold pressed rapeseed oil, red pepper, red chilli pepper, lemon juice, spices & herbs – smoked paprika powder, cumin, cloves, chipotle chilli flakes, smoked salt, oregano. Garlic, balsamic vinegar, apple cider vinegar, honey, salt & pepper.

Chinese Twice-cooked Pork Belly, Pak Choi

*Pork belly, pak choi, spring onions, ginger, **shaoxing wine (contains wheat)**, rice & colour (plain caramel). **Hoisin sauce (soy, wheat, sesame)**, **tamari soy sauce (soya)**, brown sugar, star anise, cinnamon, salt & pepper.*

Pulled BBQ Pork with Pineapple

*Pork shoulder, tinned pineapple, onion, brown sugar, garlic, red chilli pepper, **Greene King IPA (malt, gluten, may contain sulphur dioxide)**, apple cider vinegar, honey, spices – smoked paprika, five spice, thyme, cayenne, cumin. Salt & pepper.*

Pulled BBQ Jackfruit with Pineapple

*Tinned jackfruit, tinned pineapple, onion, brown sugar, garlic, red chilli pepper, **Greene King IPA (malt, gluten, may contain sulphur dioxide)**, apple cider vinegar, honey, spices – smoked paprika, five spice, thyme, cayenne, cumin. Salt & pepper.*

Roasted Butternut Squash, Red Onions, Tahini & Za'atar

*Butternut squash, red onion, **tahini (sesame)**, extra virgin olive oil, **pine nuts (may contain sesame seeds, peanuts, nuts)**, lemon, garlic, **za'atar – sesame seeds (sesame)**, sumac, oregano, thyme, ground cumin, ground coriander, fresh parsley, salt & pepper.*

Winter special ~ Barbacoa Beef with sweetcorn, spring onion & coriander salsa

Beef brisket, tomatoes, red onions, garlic, whole dried ancho chillies, Mexican spice mix – cumin seeds, oregano, smoked paprika, ground cloves, smoked salt flakes, chipotle chilli flakes. Vegetable oil, lemon, bay leaves, Organic chicken stock – sea salt, potato starch, sustainable palm oil, sugar, chicken fat, yeast extract, natural chicken flavour, chicken powder, spices & herbs – turmeric, parsley, rosemary & black pepper, onion.

Salsa – sweetcorn, spring onions, fresh mint, fresh coriander, salt & black pepper.

Crispy Portuguese-style New Potatoes, Extra Virgin Olive Oil & Garlic

Baby potatoes, extra virgin olive oil, garlic, salt & black pepper.

The Best Roast Potatoes in Hurstpierpoint

Maris piper potatoes, cold pressed rapeseed oil, salt & pepper.



Winter Special ~ Red Cabbage with apple

Red cabbage, red onions, eating apples, balsamic vinegar, brown sugar, garlic, nutmeg, cinnamon, cloves, salt & black pepper.

Charred Cabbage with Caraway

Hispi cabbage, cold pressed rapeseed oil, caraway seeds, salt & black pepper.

Sesame & Soy Green Beans

*Green beans, **sesame seeds (sesame)**, mirin – (may contain peanuts & nuts), glucose syrup, fermented rice, sugar, alcohol vinegar, acidity regulator [citric acid], molasses. **Tamari soy sauce (soya)**, **miso – soybeans (soya)**, rice, salt, yeast, koji culture.*

Jasmine Rice

Jasmine rice.

Basmati Rice

Basmati rice.

Pineapple Curry

*Tinned Pineapple, full fat coconut milk, onion, green chilli, ginger, garlic, cold pressed rapeseed oil, **Tamari soy sauce (soya)**, herbs & spices – curry leaves, mild chilli powder, turmeric, **black mustard seeds (mustard)**, sugar, salt & black pepper.*

Black Dal

*Whole black urad dal, tomato puree (citric acid), garlic, ginger, **butter (milk)**, **double cream (milk)**, spices – deggi mirch chilli powder, garam masala – coriander seed, cumin, cassia, star anise, black pepper, ground ginger, green cardamom, ground pimento, bay, nutmeg, black cardamom, cloves. Salt & black pepper.*

Green Salad with Croutons & Healthy Caesar dressing

*Romaine lettuce, iceberg lettuce, **croutons (wheat)**, **gran padano cheese (milk)**, extra virgin olive oil, garlic, thyme, salt & black pepper. Dressing – **gran padano cheese (milk)**, **mayonnaise egg (egg)**, spirit vinegar, sugar, salt, lemon juice, flavourings, antioxidant (calcium disodium EDTA), paprika extract, sunflower oil. **Greek yoghurt (milk)**, extra virgin olive oil, garlic, sherry vinegar, **white miso paste – soybeans (soya)**, rice, salt, yeast, koji culture. **Above with Chicken breast** – Chicken breast, extra virgin olive oil, thyme, salt & black pepper. swap **miso paste** for **anchovies (fish)**.*



Herby Coleslaw

*Red cabbage, white cabbage, carrots, fresh coriander, fresh mint, fresh parsley, fresh basil, **Greek yoghurt (milk), mayonnaise egg (egg)**, spirit vinegar, sugar, salt, lemon juice, flavourings, antioxidant (calcium disodium EDTA), paprika extract, sunflower oil. Garlic, apple cider vinegar, salt & black pepper.*

Chicken Gravy

Chicken, Organic chicken stock – sea salt, potato starch, sustainable palm oil, sugar, chicken fat, yeast extract, natural chicken flavour, chicken powder, spices & herbs – turmeric, parsley, rosemary & black pepper, onion. Cornflour, onion, cold pressed rapeseed oil, garlic, thyme, rosemary, sage, salt & black pepper.

Onion Gravy

*Roasted red onions, garlic, cold pressed rapeseed oil, **white wine (may contain sulphur dioxide)**. Organic vegetable stock – sea salt, potato starch, sustainable palm oil, vegetables – **celery (celery)**, onion, carrot, parsnip, tomato. sunflower oil, yeast extract, caramelized sugar, herbs & spices – lovage, turmeric, parsley & black pepper. Cornflour, thyme, rosemary, sage, salt & pepper.*

Sweet Chilli sauce

Sugar, rice wine vinegar, garlic, red chilli pepper, cornflour.

Soy dip [Gyoza-style]

***Tamari soy sauce (soya)**, rice wine vinegar, **sesame oil (sesame)**, chilli flakes.*

Mando's Mango Chutney

Mangoes, red onions, light brown sugar, malt vinegar, garlic, cumin seeds, coriander seeds, cardamom, cayenne pepper, turmeric, ginger, cloves, salt & black pepper.

Mando's Peri Peri dip

Red pepper, red chilli pepper, full fat coconut milk, extra virgin olive oil, lemon juice, spices & herbs – smoked paprika powder, cumin, cloves, chipotle chilli flakes, smoked salt, oregano. Garlic, balsamic vinegar, apple cider vinegar, honey, salt & black pepper.

Minty Garlicky Greek Yoghurt dip

***Greek yoghurt (milk)**, dried mint, fresh mint, garlic, lemon juice, salt & black pepper.*



Triple Choc Brownies

Dark Chocolate (milk), butter (milk), milk chocolate (milk), cocoa, plain flour (wheat), baking powder, caster sugar, eggs (egg).

Mocha Fudge

Butter (milk), sugar, Self raising flour (wheat), Oats (wheat), cocoa, icing sugar, camp coffee – sugar, chicory extract, dried coffee extract,

Apple & Blackberry Crumble

Plain flour (wheat), caster sugar, butter (milk), apples, blackberries, cinnamon.

Orange & Cinnamon Bread & Butter Pudding

Milk (milk), double cream (milk), vanilla extract, eggs (egg), sugar, bread (wheat), butter (milk), orange, pectin, star anise.

Lemon Curd & Ginger cheesecake

Full fat cream cheese (milk), butter (milk), icing sugar, double cream (milk), ginger nuts - Self raising flour (wheat), bicarbonate of soda, ground ginger, caster sugar, butter (milk), lemon curd – eggs (egg), sugar, lemon, butter (milk), salt.

Vegan Blueberry Cake

Self-Raising flour (wheat), brown sugar, baking powder, coconut dairy free milk, vegetable oil, apple cider vinegar, blueberries.

(VGA) Flora Vegan Butter

Plant oils (Sunflower, Rapeseed in varying proportions), coconut oil, water, FABA Bean Preparation, Emulsifier (Sunflower Lecithin) Natural Flavouring, Colour (Carotenes).

(VGA) The Coconut Collab Natural Coconut Yoghurt

Coconut Milk, Coconut Water, Corn flour, Corn fibre, Potato Flour, Fruit Pectin, Cultures (S.Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifdobacterium Lactis).