

THIS WEEK'S SOUPS



26 – 30 JUNE 2017

SRI LANKAN CHICKEN & RED LENTIL 5.25

Diced Chicken, Red Lentils, Coconut Milk, Tomatoes, Onion, Garlic, Ginger, Vegetable Stock, Black Pepper, Cumin Seeds, Turmeric, Coriander, Curry Leaves
DF, GF – (Kcal – 448)

Keema – Spiced Mince Beef 5.50

Farm Assured Mince Beef, Potatoes, Carrots, Peas, Ginger, Turmeric, Cumin, Chillies, Tomatoes, Double Cream
GF – Contains Milk/Dairy (Kcal – 432)

Singapore Tiger Prawn Laksa /Laksa is a coconut based curry soup/ 5.95

Tiger Prawns, Coconut Milk, Lemon Grass, Dried Prawns, Chillies, Ginger, Turmeric, Chillies
Served with Noodles & Bean shoots
DF, GF – Contains Crustaceans, Fish (Kcal – 578)

Lap Cheung 3 Bean 5.25

Cumberland Sausage, Red Kidney Beans, Chickpeas, Butterbeans, Celery, Scotch Bonnet, Cumin Powder
DF – Contains Gluten, Celery, Sulphur Dioxide (Kcal – 336)

Lahore Lentil & Chickpea 4.50

Tomatoes, Red Onions, Celery, Tomato Puree, Chickpeas, Rice Vermicelli, Lentils, Diced Carrots, Okra, Lemon, Ras-al-Harout (cinnamon, cardamom, nutmeg, cloves, fenugreek, cumin, coriander, mustard seeds, smoked paprika, turmeric)
VG, DF, GF – (Kcal 389)

Aloo Sabzi 4.25

Indian Style Spiced Potatoes & Spinach, Tomatoes, Ginger, Chilli Powder, Garam Masala, Turmeric, Double Cream
V, GF – (Kcal – 503)

Sup Lobak – Carrot, Turmeric & Ginger 4.50

Carrot, Onions, Ginger, Turmeric, Lemon Grass, Galangal, Crushed Chillies, Coconut Milk, Tamarind
VG, GF, DF – (Kcal 398)

Andalusian Gazpacho (Chilled) 4.50

Tomatoes, Red Peppers, Cucumber, Garlic, Onion, Olive Oil, White Wine Vinegar, Bread
Served with Croutons. VG, DF, SK – Contains Gluten (Kcal – 257)

ALL SOUPS ARE AVAILABLE IN LARGE SIZE FOR JUST £2.00 EXTRA

VG- vegan; V- vegetarian; DF- dairy free; GF- gluten free; SK- skinny

We make all of our soups in a kitchen that handles; Cereals containing Gluten (e.g. wheat, rye, barley, oats), Crustaceans, Eggs, Fish, Nuts, Peanuts, Soybeans, Milk (incl. lactose) Celery (incl. Celeriac), Mustard, Sesame Seeds, Sulphur Dioxide, Lupins, Molluscs