

THIS WEEK'S SOUPS



23 – 27 OCT 2017

SOTO AYAM - Indonesian Chicken **5.25**

Diced Free Range Chicken, Coconut Milk, Mixed Peppers, Baby Spinach, Peas, Lemon Grass, Lime Leaves, Ginger, Turmeric, Onion, Garlic, Scotch Bonnet, Potatoes, Lemon Juice

GF, DF – (Kcal – 414)

Dan Dan SZECHUAN BEEF BROTH **5.50**

Diced Beef, Crushed Chillies, Spring Onions, Onion, Garlic, Soy Sauce, Ginger, Celery, Szechuan Pepper, Star Anise, Cinnamon

Served with Rice Noodles, Spinach & Fresh Herbs

DF, SK – Contains Gluten (Kcal – 261)

COCHIN FISH */Cochin is a City on the West coast of India/* **5.75**

Fish (Coley), Potatoes, Coconut Milk, Tomatoes, Fenugreek, Onion, Garlic, Mustard & Curry Leaves, Turmeric, Chillies, Tamarind

DF, GF – Contains Fish, Mustard (Kcal – 433)

BLT – BACON LENTIL & TOMATO **5.25**

Bacon, Brown Lentils, Celery, Caraway Seeds, Chillies, Onions, Garlic, Fennel Seeds, Paprika, Cumin

DF, GF – Contains Celery (Kcal – 425)

ALOO SABZI **4.25**

Indian Style Spiced Potatoes & Spinach, **Onion, Garlic**, Tomatoes, Ginger, Chilli Powder, Garam Masala, Turmeric, Double Cream

V, GF – (Kcal – 503)

KUNG PAO CHICKPEA **4.50**

Chickpeas, Onions, Garlic, Coconut Milk, Spinach, Crushed Chillies, Stock, White Wine, Coriander

VG, DF – Contains Lupines, Gluten (Kcal 378)

HALLOWEEN SPECIAL PEPPER POT PUMPKIN **4.50**

Pumpkin, Coconut Milk, Carrots, Pepper, Bouillon, Onion, Garlic, Chilli

VG, GF, DF, SK – Contains Celery (Kcal – 302)

SPICY LENTIL **4.50**

Channa Dhal (Yellow Lentils), Ginger, Chillies, **Onion, Garlic**, Mustard Seeds, Cumin Seeds, Curry Leaves, Lemon Juice

VG, DF, GF, SK – Contains Mustard/Mustard Seeds (Kcal – 468)

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

FOR MORE INFORMATION ABOUT THE ALLERGENS PLEASE SPEAK TO A MEMBER OF STAFF

NOT ALL INGREDIENTS LISTED