

# BANYAN LUNCH MENU

£9.95

MON - FRI 12-5PM

Includes a soft drink. Upgrade to pint of Coors or a 175ml glass of house wine for £2.



Upgrade dishes with house fries to sweet potato fries for £1.50.

## CREAMY CHICKEN SPIRELLI **N**

Grilled chicken and pasta spirals bound with julienne of spring vegetables, pine nuts, cream and grana padano. *Vegetarian and gluten free option available.* **V** **GF**

## DELUXE BURGER

Our classic burger with salsa and mayo served with gem lettuce and tomato on a brioche bun with house fries or go 'naked' and enjoy your burger bun-free and served with sweet potato wedges. *Add Monterey Jack cheese for £1.25*

## SATAY CHICKEN SALAD **N**

Chicken breast, shredded vegetables, cashews and peanuts, drizzled with a satay dressing.

## REVITALISE BOWL **V** **N** **GF**

Halloumi, roast butternut squash, red and golden beets, avocado, tomato, roast peppers, freekeh and spelt barley with a superfood dressing.

## YOGA BOWL **VE** **N** **GF**

Beetroot houmous, pickled carrots, avocado, tomato, artichokes, roast peppers, freekeh and spelt barley with a walnut dressing. *Add chicken for £1.95*

## CHICKEN FAJITA PIADINA

Grilled Cajun chicken breast, Monterey Jack cheese, tomato salsa, jalapeños, guacamole and sour cream. Served with house fries.

## MEDITERRANEAN VEG & GOAT'S CHEESE PIADINA **V**

Roasted aubergine, peppers, courgette, red pepper & sunblush tapenade and rocket. Served with house fries. *Choose falafel to replace goat's cheese for a vegan option.* **VE**

## THAI RED VEGETABLE CURRY **N**

Butternut squash, sugar snap peas, red peppers, spring onions & cashew nuts in a creamy, spicy coconut sauce. Served with fragrant rice.

## SWEET TREATS



**INDULGE IN A HOT DRINK & 1/2 A BROWNIE FOR £3.95 OR A FULL BROWNIE FOR £4.95**

Ask your server for our current selection of hot drinks & brownies. Available until 5pm.

**GF** Gluten free **GF** Gluten free option **V** Vegetarian **VE** Vegan **N** Contains nuts, peanuts or seeds.  
We cannot guarantee our food has not come into contact with nuts or any other allergens. If you have a food allergy or are sensitive to certain ingredients, please ask a manager for assistance.