

WEEKLY MENU



COOKED BREAKFAST

AVAILABLE DAILY

Smoked bacon / Cumberland sausage / Portobello flat mushroom / Grilled tomato / Hash brown / Baked beans / Fried, Poached or Scrambled eggs

OMELETTE

Selection of omelettes with a variety of 3 fillings:
Ham / Cheese / Mushrooms / Mix peppers / Tomatoes / Onions or Spinach

PORRIDGE & PASTRIES

Coconut milk porridge with assorted toppings:
Dried fruits, seeds, honey and cinnamon

Selection of artisan pastries available daily

TOAST STATION

Selection of artisan and gluten free breads: London bloomer / Bagels / Breakfast muffins / Crumpets / White or malted brown toast with jams and preserves



JACKET POTATO

King Edwards or sweet potatoes
Baked beans or special hot filling created daily

HOMEMADE SOUP

MON: BANK HOLIDAY

TUES: Sweet potato, ginger and chilli

WED: Chickpeas and rosemary

THUR: Squash and lime

FRI: Chef's choice

BREAD & TOPPINGS

Selection of artisan bread rolls / Cheese straws / Croutons



Check out our Bull&Bear website:

www.thebullandbearlondon.com



VEGETARIAN MAIN

MON: BANK HOLIDAY

TUES: Cauliflower steak, served with fruity couscous, lemon and garlic yoghurt, shredded cabbage slaw

WED: Chilli Non carne and black beans, served with arroz Verde, corn on the cob, sour cream, and coriander

THUR: BBQ aubergine and tofu, served with wheat noodle salad, and Asian slaw

FRI: Tomato, spinach, leek and mascarpone pasta bake, served with a house salad

BISTRO MAIN

MON: BANK HOLIDAY

TUES: Roast chicken thigh, served with fruity couscous, lemon and garlic yoghurt, shredded cabbage slaw

WED: Chorizo and black bean stew, served with arroz Verde, corn on the cob, sour cream, and coriander

THUR: Charsiu pork belly, served with wheat noodle salad, and Asian slaw

FISH AND CHIPS OF THE MONTH!

FRI: Oven baked fish and chips, served with tartare sauce, and mushy peas



COMPOSITE SALADS

MON: BANK HOLIDAY

TUE/WED: Harissa aubergine, chickpeas, freekeh, coconut yogurt dressing

Super green salad (broccoli, kale, red chard, peas) mustard vinaigrette
New potato, baby spinach, courgette, mint, tarragon and peas

THU/FRI: Roast carrot, cauliflower , peas, radish,
Fattoush salad (tomato, red onion, parsley, black olives, radish, mint, cucumber, croutons)
Pearl barley salad, pesto, cherry tomato, corn

SALAD ADD-ONS

Meat / Fish / Vegetarian protein
Variety of simple salads: cucumber / tomatoes / mix leaf / beetroot / carrots / pickled onion / green beans / sweetcorn / black olives / dressings and other toppings available daily on the salad bar



ALL DAY GRAZING

A variety of freshly made deli sandwiches, cakes and grab & go products available daily

