

WEEKLY MENU

WC: 27.10.25



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



BISTRO MAIN

MON: Miso, and soy chicken, served with stir fry rice noodles, carrot, pak choy, coriander, and spring onion

TUE: Cottage pie, served with peas, broccoli, and rich gravy

WED: Thyme grilled chicken supreme, served with steamed rice, sauteed greens, mushroom, and tarragon sauce

THUR: Beef and pumpkin stew, served with creamy mashed "boo-tatoes", and creeping spring greens

FISH AND CHIPS OF THE MONTH!

FRI: Baked breaded haddock, served with potato wedges, garden peas, homemade tartare, and lemon

VEGETARIAN MAIN

MON: Crispy soy, and garlic tofu, served with stir fry rice noodles, carrot, pak choy, coriander, and spring onion

TUE: Lentil, carrot, and celery cottage pie, served with peas, broccoli, and rich gravy

WED: Broccoli macaroni bake, served with cheddar crumble, and glazed carrots

THUR: Squash, and spinach tortilla, served with a ghoulish feta, black olives, and blood-red tomato salad, drizzled in beetroot "vampire" mayo

FRI: Vegetarian Wellington, served with potatoes wedges, peas, and gravy



JACKET POTATO

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

HOMEMADE SOUP

MON: Tomato, red pepper, and chickpea

TUES: Sweetcorn chowder

WED: Chilli bean

THUR: Witch's brew pumpkin

FRI: Chef's choice

BREAD & TOPPINGS

Selection of artisan bread rolls / Cheese straws / Croutons



COMPOSITE SALADS

MON/TUE:

Chicory, pear, and Blue Cheese salad with pumpkin seeds

Roasted beetroot, carrot, buckwheat, spring onion, preserved lemon, and harissa dressing

Chipotle potato salad

WED/THU

Roasted pumpkin, baby spinach, crumbled feta cheese, toasted pumpkin seeds, and beetroot vinaigrette

Soba noodles, carrots, and edamame, topped with fresh spring onions, tossed in a mysterious sesame-ginger dressing

Shaved cauliflower, apple, raisins, and curry dressing

FRI: Chef's choice

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



Check out our Bull&Bear website:

www.thebullandbearlondon.com



ALL DAY GRAZING

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

MARKETING:

THU - HALLOWEEN CELEBRATION

