

WEEKLY MENU

WC: 20.10.25



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: Tomato, and basil chicken supreme, served with butterbean, chickpea and spinach stew finish with herb croutons, and green oil

TUE: Hoisin pulled beef ramen, served with egg noodles, coriander, red onion, Bok choy, chillies, spring onions, edamame, boiled egg, and spiced broth
boiled egg, with a spiced broth

WED: Lemon grass and lime pork meatballs, served with sticky rice, pickled carrot and cucumber, spring onion salad, teriyaki sauce

THUR: PIRI PIRI chicken thighs, served with spicy rice, corn on the cob, and mixed leaf salad

FRI: Herb crusted hake, Pomme Anna potato on a lemon dill cream sauce, and tender stem broccoli

VEGETARIAN MAIN

MON: Tomato, and basil roast aubergine, served with butterbean, chickpea and spinach stew finish with herb croutons, and green oil

TUE:Spicy vegetable gyoza ramen, served with egg noodles, coriander, red onion, Bok choy, chillies, spring onions, edamame, boiled egg, and spiced broth

WED: Plant based meatballs, served with sticky rice, pickled carrot and cucumber, spring onion salad, teriyaki sauce

THUR: PIRI PIRI halloumi, served with spicy rice, corn on the cob, and mixed leaf salad

FRI: Lemon and courgette risotto, served with parmesan shaves, pea shoots, finished with parsley oil

JACKET POTATO

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

HOMEMADE SOUP

MON: Vegetable broth

TUES: Cauliflower

WED: Pumpkin, chilli, and coconut

THUR: Butterbean and kale

FRI: Chef's choice

BREAD & TOPPINGS

Selection of artisan bread rolls / Cheese straws / Croutons

COMPOSITE SALADS

MON/TUE:

Charred broccoli, pickled ginger, pak choy, and sesame

Well-being- Clementine, cranberry, baby spinach and feta cheese, finished with a sweet chilli dressing

Autumn slaw- red cabbage, celeriac, carrot, apple, and yoghurt dressing

WED/THU

Cauliflower salad with amba, and tahini

Roasted butter squash, freekeh, pear, and chermoula dressing

Well-being- Brussel sprout, kale, apple with miso and shallot 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

