



Sample Menu

Curated by Chef Domini Kemp of Vhi Food Lab Café

We offer a selection of health conscious meals that are varied throughout the week. Below is a sample of these dishes.



SOUPS

Roast Parsnip, Garlic & Thyme

Butter Beans & Tomato in Chicken Bone Broth

White Bean Minestrone

Leek & Potato

Turmeric Cauliflower & Coconut

Super Green Soup

Miso Shimeji & Chestnut Mushrooms
in Chicken Bone Broth

HOT DISH OF THE DAY

(Monday to Friday)

Falafel with Cucumber Raita, Spiced Sweet Potato Wedges,
Lebanese Carrot Salad

Roast Chicken Supreme with Green Peppercorn & Mushroom Cream,
Pressed Potato with Caramelised Onions
& Roast Seasonal Root Vegetables

Roast Organic Salmon with Salsa Verde, Roast Baby Potatoes
with Garlic & Thyme, Green Beans, Leek & Garden Peas

Mushroom & Cauliflower Stroganoff with Steamed Fragrant Basmati Rice

Red Lentil, Butternut Squash & Chickpea Dahl,
Charred Aubergine & Cucumber Raita

WRAP/SANDWICH OF THE DAY

Wholemeal Wrap with Tandoori Chicken, Pickled Onion & Coleslaw

Sandwich with Tuna Mayonnaise, Mature Cheddar, Apple,
Cucumber & Rocket on Sourdough Bread

Tomato Wrap with Teriyaki Chicken, Red Onion, Tomato,
Baby Spinach & Coriander Wasabi Sesame Mayonnaise

Sandwich with Coronation Chicken on Multi Seeded Bloomer

Wholemeal Wrap with Beetroot Falafel, Chickpea Fattoush,
Pickled Carrot & Mayonnaise

Sandwich with Vietnamese Chicken, Cucumber, Carrot,
Chilli & Garlic Mayonnaise on Granary Bread

Tuna & Sweetcorn Melt with Pickled Red Onions &
White Cheddar on Chia Seed Bloomer

SALADS

(up to 4 options per day)

Tabbouleh

Chickpea Fattoush

Bocconcini Mozzarella with Black Olives, Grapes, Chilli & Coriander

Organic Puy Lentil Tabouli

Roast Baby Potatoes with Green Beans, Scallions,
Parsley & Honey Mustard Dressing

Asian King Prawns with Mango, Cucumber,
Tomato, Beansprouts & Miso Ginger Dressing

Kale & Brussel Sprouts with Smoked Almonds,
Parmesan Cheese, Cranberries & Balsamic Dressing

Fermented Chilli & Pomegranate Charred Aubergine
with Sundried Tomatoes

Turmeric & Cumin Roasted Cauliflower with Millet,
Pistachio & Pomegranate

Sweet Potato & Quinoa with Apple, Walnuts & Baby Spinach

Organic Brown Rice with Kale, Broccoli, Sesame & Aminos Coconut Sauce

Chickpeas with Avocado, Cucumber, Tomato, Peppers & Radish

Broccoli, Tomato, Feta Cheese & Cashew

Crunchy Asian Slaw with Miso Ginger Dressing & Black Sesame Seeds

Roast Butternut Squash, Kale, Chickpeas & Sprouting Quinoa

