

# LUNCH MEAL DEAL

AVAILABLE MONDAY TO SATURDAY BETWEEN 12PM - 6PM

CHOOSE A MAIN AND A DRINK OF YOUR CHOICE FROM 13.90

## PROTEIN SALADS 11.95

low calorie, high in protein

### MEDITERRANEAN SALAD (GF)

lemon & herb chicken skewers with spinach, matcha Greek yoghurt dressing, salted smashed cucumbers, edamame, fermented red onions, heirloom tomatoes, Gordal olives, beetroot tzatziki labneh - **392 kcal, 55g protein**

### WARM SWEET POTATO & CHICKEN SALAD (NUTS, GF)

lemon & herb chicken skewers with steamed broccoli, roasted sweet potatoes, edamame & peas, feta cheese, soft boiled eggs, pickled red onion, salt & chilli roasted peanuts, toasted sesame and herby hot honey ranch - **711 kcal, 74g protein**

#### SWAP YOUR PROTEIN:

chargrilled rump steak (GF) 3.95

smoked salmon (GF) 3.95

halloumi (GF)

## POWER BOWLS 11.95

under 500 calories

### THAI RED CHICKEN COCONUT RICE BOWL (GF)

with broccoli, edamame, peas, charred pineapple, Chinese leaf, carrot, spring onion, red chilli, coriander, crispy shallots and Thai dressing **495 kcal, 45g protein**

### KOREAN CHICKEN POKE BOWL (GF)

Sushi rice, raw kimchi, pineapple & turmeric sauerkraut, crispy nori, avocado crush, smacked cucumbers, Chinese leaf, edamame and spicy gochujang dressing - **487 kcal, 38g protein**

### VEGAN TABBOULEH (NUTS, VG)

fruity giant cous cous, toasted almonds, baby gem, rocket, slow roasted cherry tomatoes, chunky tomato & pepper hummus, smashed avocado with a rose petal harissa dressing - **491 kcal, 18g protein**

#### DOUBLE YOUR PROTEIN 3.95

### POACHED EGGS, SMASHED AVOCADO & CHILLI (V)

toasted sourdough 10.95

upgrade it with;

**CRISPY STREAKY BACON 13.95**

**CHARGRILLED HALLOUMI 13.95**

**SCOTTISH SMOKED SALMON 14.95**

## SANDWICHES 11.95

with a choice of skin on fries, thick-cut chips, soup\* or Moroccan salad

\*Soup may contain nuts

### LEMON & GARLIC CHICKEN FOCACCIA

with mozzarella, pesto mayonnaise, rocket and beef tomato

### THREE CHEESE & RED ONION JAM CROQUE MADAME (V)

with fried egg and truffle béchamel

### OPEN IPA BATTERED FISH GOUJONS

on toasted sourdough with nori tartare sauce, iceberg and curry ketchup

### OPEN CHARGRILLED STEAK SANDWICH

on toasted sourdough with Stilton blue cheese sauce, tomato and rocket - **Supplement 2.00**

## DRINKS

### ITALIAN SODAS 1.95

Watermelon, Raspberry, Strawberry, Passion Fruit

### MARLISH SPARKLING WATERS 1.95

Elderflower, Brazilian Orange, Raspberry

### PEPSI, LEMONADE, FANTA ORANGE (bottle) 1.95

### APPLE JUICE OR ORANGE JUICE 1.95

### BOTTLE OF HEINEKEN ZERO 1.95

### 125ML HOUSE WINE 2.95

Red, White, Rosé

### BOTTLE OF CRUZCAMPO 2.95

## LITTLE MAINS

Fancy something a little different?  
Your favourites are still available at a great price below

### SIZZLING MISO & SOY DUCK LEG 15.95

with pancakes, cucumber, spring onion, steamed pak choi and sesame fried rice bowl

### CRISPY SCOTTISH SCAMPI 13.95

with marrowfat mushy peas, skin on fries and nori tartare sauce

### BANG BANG CRISPY CHICKEN FLATBREAD 14.95

with salted smashed cucumbers, kimchi, edamame, pineapple sauerkraut, toasted nori, gochujang aioli and skin on fries



## ALLERGENS

SCAN TO VIEW ALLERGEN & NUTRITION INFORMATION

#### FOOD ALLERGY NOTICE

Our kitchens handle a wide range of allergens, so we can't guarantee any of our food is completely allergen-free, including ingredients like tree nuts. Not all dish ingredients are listed on the menu, and recipes may change from time to time. If you have an allergy or dietary requirement, please speak to a member of the team before placing your order.

#### PAROGON GROUP IS A CERTIFIED BCORP BUSINESS

An optional 7.5% service charge will be added to your bill.

This is split equally between all team members.

If you would like it removing please speak to your server.



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