

# THE WORX MENU

All food prepared fresh to order

Allergy Advice: if you would like to know the ingredients of a particular dish please ask the kitchen

Please call Ext. 24 to place your order

## BREAKFAST

Served between 8am - 10.30am

Housemade Granola With nuts, fresh seasonal berries, Greek yoghurt and honey on the side	£6.54	Toast Choice of wholemeal or white bloomer, black rye or gluten free bread, with preserves for 1 person	£2.40	Breakfast Sandwiches Choice of wholemeal or white bloomer, black rye or gluten free bread	
Fresh Fruit Salad Bowl	£6.54	Toast Tray Choice of wholemeal or white bloomer, black rye or gluten free bread, with preserves serves 12	£17.55	Unsmoked back bacon	£5.40
Sliced Fruit Platter	£6.54 £13.20 £26.40	Two Free Range Eggs Scrambled or poached with toast, choice of wholemeal, white bloomer or black rye bread	£5.40	Fried egg	£5.40
Selection of Whole Fruit	£13.20	Two Eggs With:		Cumberland sausage	£5.40
Croissant or Pain au Chocolat	£2.40	Bacon x 2	£8.70	Portobello mushroom	£5.40
Continental Pastries Selection of 12 freshly baked pastries	£24.00	Sausage x 2	£8.70	Unsmoked back bacon and egg	£5.94
		Smoked salmon	£8.70	Sausage and egg	£5.94
		Portobello mushrooms	£6.60	The Worx Full English	£12.95
		Tomatoes	£6.60	Two unsmoked back bacon rashers, two Cumberland sausages, two fried eggs, Portobello mushrooms, tomatoes, baked beans & toast	
		Avocado	£6.60	Half English Breakfast	£9.95
		Spinach	£6.60	One unsmoked back bacon rasher, one Cumberland sausage, one fried egg, Portobello mushrooms, tomatoes, baked beans & toast	

## LUNCH

Please place your order by 11am for hot dishes

Thai Green Curry with Rice Choose from: Chicken £14.25 King Prawns £15.30 Vegetarian £13.20	Cumberland Sausage & Mash With caramelized red onion gravy	£14.25	Vegetarian Spring Rolls Stir fry vegetables with vermicelli & mixed salad	£13.20
Massaman Mild Thai Curry with Rice Choose from: Beef £14.25 Chicken £14.25 King Prawn £15.30 Vegetarian £13.20	Ribeye Steak & Chips 8oz steak from the chargrill	£16.95	Roasted Butternut Squash Risotto With shaved parmesan	£13.20
Oriental Vegetables & Chow Mein Noodles Choose from: Beef £14.25 Chicken £14.25 King Prawn £15.30 Teriyaki Salmon £15.30 Vegetarian £13.20	Chicken Escalope* With sautéed potatoes & salad	£14.25	Porcini Mushroom Risotto With shaved parmesan	£13.20
	The Worx Fish & Chips* Beer battered cod and chips served with English peas, lemon wedge and tartare sauce	£15.30		

\*Oven baked option available

## SANDWICHES

Choice of wholemeal or white bloomer, black rye or gluten free bread

Can be ordered up to 3pm

Working Lunch Selection of sandwiches with fries & salad – per head	£11.55	Roasted Mediterranean Vegetables with Houmous	£7.65
Prawns, Rocket and Alioli	£7.65	English Ham & Cheddar Cheese with Salad	£7.65
Grilled Chicken, Bacon, Avocado and Caesar Dressing	£7.65	Grilled Salmon, Avocado and Lettuce	£8.25
Buffalo Mozzarella, Sliced Tomato and Fresh Basil	£7.65	Rib Eye Steak with Red Onion Tomato Relish	£8.25

## SALADS

Can be ordered up to 3pm

Tuna or Salmon Nicoise Chargrilled tuna, mixed leaves, olives, cherry tomato, French beans, egg, potatoes and anchovies with caper vinaigrette	£15.30	Caesar Salad Chargrilled chicken, romaine lettuce, shaved parmesan, anchovies, croutons and caesar dressing	£15.30	Mange Tout & French Bean Salad With hazelnuts and orange zest With Chicken £14.25 With Goat's Cheese £13.75 With Halloumi £13.75	£9.95
Tiger Shrimp Salad Chargrilled Tiger shrimps, with an avocado and mixed green salad, lemon wedge and alioli	£16.95	Quinoa Salad Edamame beans, pomegranate seeds, avocado and red onion Quinoa Salad With: Chicken £14.25 Tuna £15.30 Salmon £15.30 Tiger shrimp £16.95 Goats cheese £13.75 Halloumi £13.75	£9.95	Goats Cheese Salad Grilled goats cheese, poached pear and walnuts with cherry tomatoes on a bed of rocket and Romaine lettuce	£13.75
Rib-eye Steak Salad Chargrilled 8oz rib eye steak with mixed salad	£16.95			Classic Greek Salad Diced cucumbers, red onions, peppers, feta, black olives and lemon vinaigrette	£12.95

## SIDES

Mixed Salad	£4.26	French Fries	small £4.26 large £8.70
Rocket with Parmesan	£4.26	Sautéed Potatoes	£4.26
Greek Salad	£5.40	Bread Bowl	small £4.26 large £8.70
Platter of Roasted Vegetables	£4.26	Olives	£4.26
Quinoa Plain	£4.26		

## DESSERTS

Chocolate Brownie With choice of Ice Cream	£6.54	Pear & Almond Tart With choice of Ice Cream	£6.54
Sliced Fruit Platter	£6.54	Chocolate, Vanilla or Strawberry Ice Cream With fresh berries	£6.54
Fresh Fruit Salad	£6.54		
Plate of Biscuits	£11.22		

## DRINKS

Café Latte	£3.30	All Day Self Service tea and coffee tray	£38.40	Freshly Squeezed Orange	Glass £3.85 Jug £15.40
Café Latte flavoured with vanilla or caramel	£3.52	Cafetiere	£3.30 £8.70 £10.95	Orange, Apple, Cranberry	£1.54 £5.40
Cappuccino	£3.30	Decaffeinated Cafetiere	£3.30 £8.70 £10.95		
Espresso	single £2.64 double £3.30	English Breakfast Tea Pot	£3.30 £5.40 £7.65	Red Merlot	Glass £5.40 Bottle £16.45
Americano	£2.64	Decaffeinated Tea Pot	£3.30 £5.40 £7.65	White Pinot Grigio	£5.40 £16.45
Macchiato	£3.30	Herbal Infusions	£3.30 £5.40 £7.65	Rose Pinot Grigio	£5.40 £16.45
Flat White	£3.30	Camomile, green, peppermint, lemon and ginger, cranberry and raspberry		Prosecco Spumante	£16.90
Mocha	£3.30	Belu Sparkling / Still Mineral Water	small £1.86 large £3.12	Champagne	£33.00
Hot Chocolate	£3.30				

## MINI BAR

Belu Sparkling Mineral Water	£1.86	Red Bull	£2.88	Cadbury's Heroes	£6.60
Belu Still Mineral Water	£1.86	Peroni	£3.96	Bahlsen Leibniz Dark Chocolate Biscuits	£3.30
Coke and Diet Coke	£1.56	Gluten Free Chocolate Pecan Brownie	£2.22	Kettle Crisps	£1.08
Purdey's Multivitamin Fruit Drink	£2.64			Popcorn	£1.08

All prices include VAT at 20%.