



Special Diets

We can easily cater for special dietary requirements

Vegan

Veganism (also strict or pure vegetarianism) is a philosophy & lifestyle that seeks to exclude the use of animals for food, clothing, or any other purpose. Vegans do not use or consume animal products of any kind.

Celiac

Coeliac disease is caused by a reaction to gliadin, a gluten protein found in wheat.

Gluten free

A gluten-free diet is completely free of ingredients derived from gluten-containing cereals: wheat (including Kamut and spelt), barley, rye, oats and triticale.

Lactose Intolerance

This is a medical condition where limited or no amounts of dairy products can be consumed. These include Milk, Butter & Yogurt.

Diabetic

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood.

Kosher

is the name of the Jewish dietary laws. Food in accord with halakha is termed kosher in English. We have connections with a local Kosher Restaurant so please contact us for a menu and prices. This will also be subject to a delivery charge.

Halal

is an Arabic term meaning "permissible". In the English language it most frequently refers to food that is permissible according to Islamic law. We are able to provide a range of food suitable for this.

Low calorie / Low Fat

We are able to cater for people on a calorie controlled diet with various dishes so please contact us to discuss your requirements.

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Individual Boxed Salads

For a special dietary requirement or an alternative to sandwiches please see our list of individual boxed salads. Each salad is suitable for one person and is served with a set of cutlery.

SUITABLE FOR G = Gluten Free C= Celiac H = Halal
L= Lactose Intolerance V = Vegan D = Diabetic

Tuna Nicoise (G) (C) (H) (L) (D)	£4.80 Each
Chicken Caesar with Parmesan Shaving & Croutons (H) (D)	£4.80 Each
Oriental Sesame Chicken & Noodle Salad (H) (L) (D)	£4.80 Each
Prawn Salad with Lemon & Mayonnaise Dressing (G) (C) (L) (D)	£5.20 Each
Mozzarella, Tomato, Avocado & Olives (G) (C) (H) (D)	£4.80 Each
Greek Salad with Feta Cheese, Red Onions & Olives (G) (C) (H) (D)	£4.80 Each
Cous Cous with Toasted Chic Peas, Olives, Chopped Tomato & Cucumber (H) (L) (D) (V)	£4.80 Each
Box of Health (G) (C) (H) (L) (D) (V) (Mixed Leaves, Carrots, Cherry Tomatoes, Bean Shoots & Mixed Seeds with Hummus)	£4.80 Each
Poached Salmon, Rocket & Pine Nuts with Pesto Sauce (G) (C) (H) (D)	£5.20 Each
Crayfish, Mixed Leaves & Cherry Tomatoes with Lemon Dressing (G) (C) (L) (D)	£5.20 Each
Smoked Salmon, Mixed Leaves, Roasted Vegetables with Dill & Lemon Dressing (G) (C) (L) (H) (D)	£5.20 Each
Gluten Free Sandwiches (2 Sandwiches per person) (G) (C)	£6.20 For 2 Sandwiches

All prices are subject to VAT