



FOOD ALLERGY  
OR INTOLERANCE?



If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more.

# EVENING

MARKET KITCHEN

*welcome to a world of taste*

## T O S T A R T

*Relax... we'll bring it straight to your table*

### **Chef's soup of the day**

warm sourdough, butter.

*scan our QR code to see the calorie information of our soups*


### **Garlic fried mushrooms**

puff pastry, thyme,  
guacamole & basil pesto.  
725kcal

### **Chicken liver & brandy parfait**

Fig chutney, crushed roasted  
hazelnuts, toasted brioche.  
475kcal

### **Warm red & yellow pepper tarte tatin**

red onion chutney, basil dressing,  
crumbled goats cheese. 386kcal  
*vegan option available*  328kcal

### **Smoked salmon & prawn rilette**

Fresh dill, lemon, toasted tomato bread.  
272kcal

#### DAILY SPECIALS

### **Crispy pork salad**

egg noodles, crunchy vegetables, fresh  
lime, chilli, soy sauce, coriander,  
crispy onions, toasted cashew nuts. 724kcal

### **Sweet potato falafel**

carrot & spring onion salad,  
minted coconut sauce. 182kcal

## D E L I

*Help yourself from our cold display*

### **Caesar salad**

gem lettuce, crunchy croutons, Italian-style  
hard cheese, egg, Caesar dressing. 159kcal

### **Potato, spring onion & wholegrain mustard salad**

182kcal

### **Mixed cabbage coleslaw**

128kcal

### **Watermelon & feta salad**

sweet & sour red onions, mint.  
71kcal

*served with a selection of sliced meat, pickles, dressings, savoury tart, selection of breads*

*scan our QR code to see the calorie information of our accompaniments*

### **Mixed salad leaves** 8kcal

### **Pasta salad**

with sundried tomatoes,  
pesto & rocket. 194kcal

### **Rice salad**

mango, avocado & lime. 136kcal

#### SALAD BAR

**Cucumber** 7kcal / **Tomato** 14kcal / **Gem lettuce** 6kcal

**Red onion** 13kcal / **Beetroot** 28kcal

## M A I N S



## Taste of WORLD FLAVOURS

**Crispy Chimichurri  
cauliflower**    
298kcal

**Meatball, olive  
& apricot tagine**  
362kcal

**Mexican-style  
chilli chicken**  
172kcal

**Tamarind crispy squid**  
180kcal

*choose your sides*

**Egg fried rice**   
229kcal

**Spiced orange couscous**    
181kcal



*Dishes inspired from around the world*

## ROAST

*Today's choice*

**Rosemary & garlic roasted leg of lamb**  
649kcal  
mint sauce 23kcal

*served with a selection of vegetables and potatoes*  
*scan our QR code to see the calorie information of our accompaniments*



## FRESH FISH

*may contain bones*

*Please order with your host*

**Mackerel fillet**  
326kcal

**Scottish Loch  
reared trout**  
251kcal

**Hake supreme**  
239kcal



*add a sauce of your choice*

**White wine creamy sauce** 193kcal  
**Chargrilled tomato chutney** 34kcal

*served with a selection of vegetables and potatoes*  
*scan our QR code to see the calorie information of our accompaniments*

#### DAILY SPECIALS

**Slow cooked pressed shin of beef**  
roasted portobello mushroom, tomato,  
chunky chips, wholegrain mustard gravy. 677kcal

**Veggie Cottage pie**   
cheesy sweet potato & herb topping,  
cabbage & tenderstem broccoli. 560kcal  
*vegan option available*  394kcal

# P U D D I N G   S H O P

*A selection of hot and cold desserts*

**Chocolate, rum & raisin cheesecake** v  
chocolate-flavoured sauce,  
fresh raspberries. *490kcal*

**Orange, honey & vanilla flavour pudding** v  
with custard. *468kcal*

**Warm Bramley apple & raspberry tart** v  
crunchy crumble, vanilla  
flavour custard. *351kcal*

**Mango & coconut mousse** v ve  
fresh berries, toasted coconut,  
lime syrup. *368kcal*

**Chef's cheese board** v  
selection of cheeses, biscuits, grapes, shaved  
celery, fig & honey chutney, apple. *733kcal*

**Melon & berry fruit salad** v  
lime, mint, vanilla ice cream. *144kcal*  
*vegan option available* ve *186kcal*

## *Why not try a dessert wine?*

**Sauternes Garonnelles** *France*

Sauternes is a traditional sweet dessert wine from Bordeaux

*125ml*  **7.00**   *Half Bottle*  **20.00**

## C H E F ' S   S P E C I A L S

**Bread & butter pudding** v  
vanilla flavour custard. *754kcal*

**White chocolate crème brûlée** v  
fresh raspberries, Sablé biscuit. *312kcal*

## I C E   C R E A M v

*served with Sablé biscuit*

**Blackberry & clotted cream** *340kcal*

**Chocolate** *349kcal*

**Strawberry** *319kcal*

**Vanilla** *281kcal*

**Salted caramel** *307kcal*

## P L A N T   B A S E D

### I C E   C R E A M v ve

**Salted caramel** *240kcal*

**Vanilla** *237kcal*

### S O R B E T S v ve

**Lemon** *116kcal*

**Mango** *134kcal*

Adults need around 2,000kcal a day

## v Suitable for vegetarians   ve Suitable for vegans

For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering even if you have dined with us before as our food ingredients and specifications can change. Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. MK HEYTHROP\_EVENING\_WORLD FLAVOURS\_DELI UPDATE\_2023

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