

Breakfast	
Organic porridge	£1.65
... with any 2 toppings	£1.95
HED [®] Super Food Muesli	£1.95
... with any 2 toppings	£2.25
Toppings	each 20p
Honey	Maple syrup
Chopped banana	Berry compote
Flaked chocolate	Cinnamon
Mixed seeds	Mixed nuts
hed_start	
Breakfast deals...	
Organic porridge with 2 toppings and a coffee, tea or fresh juice (orange, apple or carrot) £3.50	
Super Food Muesli and a coffee, tea or fresh juice (orange, apple or carrot) £3.50	

Soups	
Check our soup boards for today's choices	from £2.95
Our soups are packed with loads of fresh, seasonal ingredients	
Chunk of bread	45p
Organic Baked Potatoes	
HED [®] home-made baked beans	£4.25
Organic mixed beans in tomato sauce (v, w, d, g)	
Spicy vegetarian chilli	£4.25
With quorn mince and red kidney beans, served with soy yoghurt (d, v)	
Tuna and sweet corn	£4.25
With red peppers and egg free mayo (d, w, g)	
Vegetarian (v), wheat free (w), gluten free (g), dairy free (d)	
Please note that because we use nuts in our kitchen, we cannot guarantee that any of our products are nut free.	

Stir-It-Up[™] Meal Combinations		<i>hed_chef's top 6</i>
Freshly steam-fried in a wok.		
HED [®] Chicken Curry	£5.95	
Roast chicken pieces with brown basmati rice, broccoli, carrots and green beans in classic Indian curry sauce (w, g)		
HED [®] Spicy Beef Noodle	£5.95	
English beef strips with buckwheat noodles, bean sprouts, sugar snap peas and cabbage in spicy soy sauce (d)		
HED [®] Vegetarian Chilli	£5.25	
Spicy quorn chilli and brown basmati rice (v, w, d, g)		
HED [®] Tomato and Vegetable Pasta	£4.55	
Wholewheat pasta, red pepper, courgette and mushrooms in a roasted vegetable and tomato sauce (d, v)		
HED [®] Creamy Mushroom with Chicken	£4.75	
Roast chicken pieces, brown basmati rice and creamy mushroom sauce (d, w, g)		
HED [®] Thai Green Curry with Prawns	£5.95	
Prawns with brown basmati rice, broccoli, carrots and green beans in a Thai green curry sauce (w, g)		
Vegetarian (v), wheat free (w), gluten free (g), dairy free (d)		

Build Your Own Stir-It-Up[™] Meal	
carb veg protein sauce £6.50	carb protein sauce £4.85
carb veg sauce £4.65	carb sauce £3.00 <i>great for kids!</i>
Carbohydrates £1.50	Protein £1.85
Wholewheat pasta Brown rice Bulgur wheat Buckwheat noodles Baked potato	Roast chicken Quorn pieces Beef strips Prawns
Vegetables £1.85	Sauce £1.50
Traditional broccoli, carrots, green beans Mediterranean red pepper, courgette, mushroom Oriental sugar snap peas, cabbage, bean sprouts	Roasted vegetable Spicy tomato Creamy mushroom Indian curry Thai green curry

HEALTHY EATING DINER

LAKESIDE SHOPFRONT VISUAL

