

breakfast:

BANANA WALNUT MUFFIN

PEAR PARFAIT

granola, pumpkin spice, vanilla yogurt

WINTER FRUIT SALAD

apples, oranges, dried cranberries, orange juice

SPINACH EGG BAKE

vegan sausage, tomatoes, milk

APPLE BREAD PUDDING

brioche, vanilla, cinnamon, raisins, maple syrup

CHEF'S CHOICE

grits with pepper jack cheese or oatmeal with dehydrated bananas

HARD BOILED EGG

lunch & dinner:

CHEF'S CHOICE SOUP

(please ask a member of staff for details)

ROASTED BRUSSELS SPROUTS

garlic, balsamic sauce, parmesan

SPINACH SALAD

dried cranberries, blue cheese, oranges, apples, sunflower seeds, apple cider dressing

TURKEY & SWISS CHEESE SANDWICH

brioche, coleslaw, thousand island dressing

VEGAN SAUSAGE & POLENTA

marinara sauce, parmesan cheese

CHICKEN MARSALA & RICE

roasted chicken, mushrooms, marsala sauce, garlic

RAISIN VINAIGRETTE SLAW

carrots, apple cider dressing

dessert & snacks:

TUSCAN WHITE BEAN DIP

garlic oil

BANANA CREAM CAKE

white cake, caramel sauce

SALSA & TORTILLA CHIPS

CHEF'S CHOICE COOKIES

(please ask a member of staff for details)

ALLERGY ADVICE: Please refer to the icons for allergen advice for each dish.
Speak to a staff member if you have any questions or concerns.

 Gluten free  Dairy free  Vegan  Vegetarian

escape
Lounges

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