

WHAT'S COMING UP

SPRING TERM 2020

JANUARY



CAULIFLOWER

Caulipower!

Cauliflower, like cabbage and broccoli, is a brassica. It's best from mid-December, through to mid-April and is a great source of vitamin C, an antioxidant which protects your cells from harmful free radicals & vitamin K required for blood clotting.

FEBRUARY



KALE

Kale yeah!

Kale is a green leafy vegetable that comes into season from September & is at its best throughout the Winter. It's a source of many important nutrients such as calcium, potassium & fibre. It contains over 4 times as much vitamin C as spinach.

MARCH

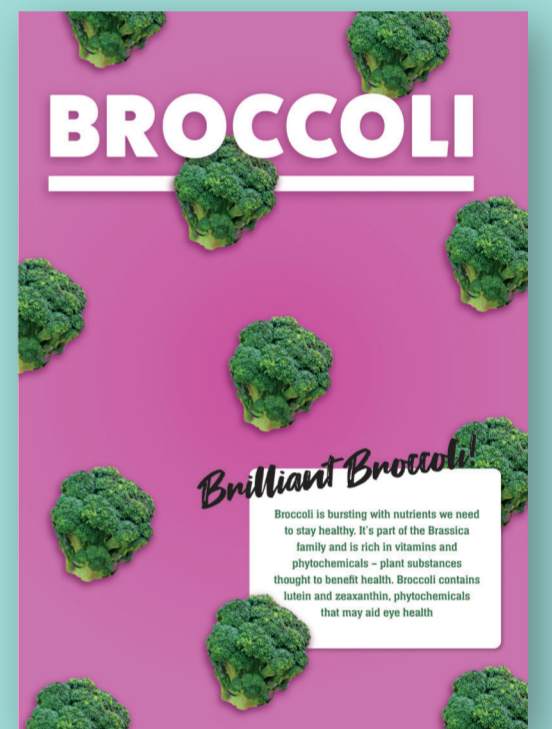


BELL PEPPER

Sweet not spicy!

Bell peppers are full of vitamin C - an antioxidant which helps to protect against free radicals. They're also a source of vitamin B6, also known as pyridoxine, which helps our bodies to store energy from protein and carbohydrates in food.

APRIL



BROCCOLI

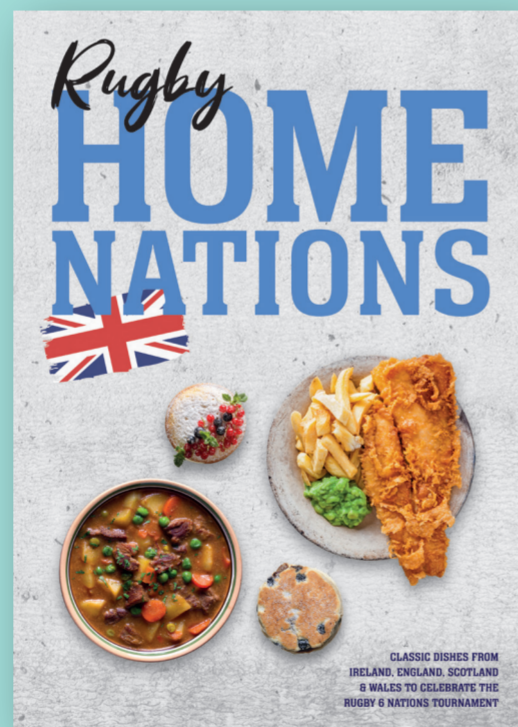
Brilliant Broccoli!

Broccoli is bursting with nutrients we need to stay healthy. It's part of the Brassica family and is rich in vitamins and phytochemicals - plant substances thought to benefit health. Broccoli contains lutein and zeaxanthin, phytochemicals that may aid eye health.



South American
STREET FOOD

DISCOVER OUR EXCITING STREET FOODS FROM THE SOUTH AMERICAN CONTINENT



Rugby
HOME NATIONS

CLASSIC DISHES FROM IRELAND, ENGLAND, SCOTLAND & WALES TO CELEBRATE THE RUGBY 6 NATIONS TOURNAMENT




MUSIC FESTIVAL
Feast

TRY OUR MUSIC FESTIVAL MENU & ENJOY OUR FOOD TRUCK CLASSICS! BURGERS, HOT DOGS & PIZZA



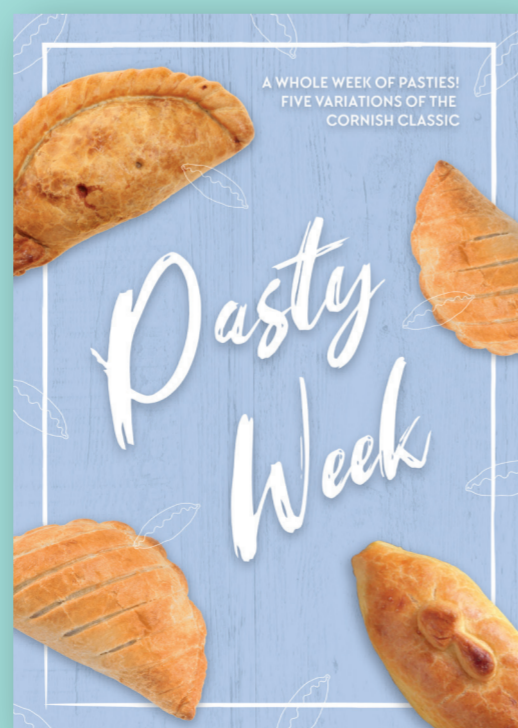
ITALIAN MEXICAN
Fusion

COME AND EXPERIENCE THE BEST OF ITALY & MEXICO WITH A RANGE OF POPULAR DISHES FROM BOTH COUNTRIES



A DELICIOUS RANGE OF ITALIAN PIZZAS & FLATBREADS

Pizzeria!



A WHOLE WEEK OF PASTIES! FIVE VARIATIONS OF THE CORNISH CLASSIC

Pasty Week



All Things Pasta!

ENJOY A SELECTION OF FUN & FILLING PASTA DISHES TODAY



Rice Rice Rice!

RICE BASED DISHES WITH FLAVOURS FROM AROUND THE WORLD