



ON THE MENU

THIS JANUARY

CARROTS

SEASONAL KITCHEN

You may have heard that eating carrots can help you to see in the dark, which isn't entirely un-true! Carrots are high in beta - carotene, our bodies convert it to vitamin A, which plays a vital role in developing and supporting our vision. Vitamin A also supports our immune system, helping our cells to grow and develop.

DELICIOUS BAKES

Carrot Cake Muffins



All imagery is for illustrative purposes only. Actual product may vary due to local availability.

January 2022



DELICIOUS BAKES



**Cinnamon Spice,
Carrot & Oat Cookies**

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FOOD TOUR AUSTRALIA



Australia's food is as varied as their climate, from the warm tropical north to the cool southern regions, there is very little they can't grow or produce. Thanks to their multicultural population, most cuisines are on the menu this month!



FOOD TOUR
AUSTRALIA

MENU

Beach Bar Lemon Chicken and Ruby Slaw Wrap

Opera House Vegan Burger

Lemon Anzac Biscuits



CELEBRATING
POPCORN DAY
WEDNESDAY 19TH JANUARY



**Get popping & celebrate
National Popcorn Day!**



CELEBRATING
POPCORN DAY
WEDNESDAY 19TH JANUARY

FRESHLY POPPED ON THE MENU

Candy Floss Flavour

Jaffa Cake Flavour

Key Lime Flavour

Baked Egg Custard Flavour



CELEBRATING VEGANUARY

We're celebrating all things **vegan** this month with a range of **plant based dishes** to tempt your taste buds



CELEBRATING
VEGANUARY

**ONE DISH EVERY THURSDAY ON THE
MAIN COUNTER IN JANUARY**

Butternut Squash, Spinach and Coconut Curry with Chilli and Lime Rice

Vegan Burritos

Homemade Falafel Burgers





WASTE LINE

We are passionate about reducing food waste, Waste line was created to relook at how we use and consume food. Where possible, we use seasonal produce and 100% of a product – like bread crusts, cauliflower leaves and butternut squash seeds that would usually go to waste.

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WASTE LINE

**We are committed to reducing waste in all of our contracts.
This month we are focusing on bread.**

“using up our crusts for homemade breadcrumbs”

**“using our crusts for cheese on toast and reducing the cost by 10p per slice
“**

“using our crusts for croutons to give away with soup”

