



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

### Smoked haddock fishcakes

courgette tzatziki, lemon. 381kcal

### Melon Caprese salad

cantaloupe, honeydew, mozzarella,  
tomato, roquette, basil oil. 359kcal  
vegan option available  66kcal

## 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

### Mixed salad leaves 8kcal

### Pasta salad

with sundried tomatoes,  
pesto & roquette. 194kcal

### Rice salad

mango, avocado & lime. 136kcal

#### SALAD BAR

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

Red onion 13kcal / Beetroot 28kcal

*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*

Adults need around 2,000kcal a day

## M A I N S



## Taste of I T A L Y

Rustic minced pork sausage  
& fennel ragu with pasta  
386kcal

Roasted vegetables in  
spiced arrabiata sauce    
67kcal

Lasagne al forno  
360kcal

Pan fried seabass & caponata  
377kcal

*choose your sides*

Garlic polenta    
539kcal

Marinated olives    
84kcal

Garlic bread   
61kcal

Grated Italian-style  
hard cheese   
78kcal



*Dishes inspired from around the world*

## ROAST

### Today's choice

Honey & mustard roasted pork loin 860kcal  
Bramley apple sauce 55kcal  
crackling 25kcal

*visit the hot counter and help yourself –  
to today's selection of vegetables and potatoes*  
*scan our QR code to see the calorie information of our accompaniments*



## FRESH FISH

*may contain bones*

*Visit our hot counter*

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

### Grilled chicken

sweet potato fries, peas, asparagus,  
carrot, tarragon creamy sauce. 680kcal

Portobello mushroom & garlic tart    
crushed cannellini beans, thyme,  
spinach, roasted mid potatoes. 923kcal

Adults need around 2,000kcal a day

# 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

**St Clement's posset** v  
raspberry flavoured sauce, blueberries. *558kcal*

**Warm chocolate brownie** v ve  
salted caramel plant based ice cream. *643kcal*

## 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\_EVENING\_ITALY\_DELI\_UPDATE\_2023

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