



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

TO START —

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 rillette Fresh dill. lemon. toasted tomato bread. 272kcal

DAILY SPECIALS

Japanese-style smoked mackerel rice salad bowl terivaki sauce, lemon, spring onion. 324kcal

Goats cheese & onion chutney bruschetta 📀 grilled sourdough, grapes roasted in honev. 349kcal

DELI 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 $0 \otimes 8kcal$

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



Taste of

Katsu chicken 407kcal

Tamarind sweet & sour pork 331kcal

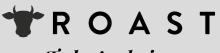
> Thai green king prawn & vegetable curry 97kcal

Burmese style butternut squash. lime leaf 📽 lemongrass curry ۷ 😒 151kcal

choose vour sides Boiled rice 🛛 🗠 180kcal Nasi Goreng rice 171kcal Garlic noodles 🛛 🗠 499kcal Prawn crackers 216kcal



Dishes inspired from around the world



Today's choice

Treacle glazed gammon 499kcal roasted pineapple 25kcal

served with a selection of vegetables and potatoes scan our *QR* code to see the calorie information of our accompaniments



R

may contain bones

Please order with your host

Mackerel fillet 326kcal

Scottish Loch reared trout 251kcal

Hake supreme 239kcal

S H

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

Mushroom bourguignon 📀 😒 thyme mash, crusty bread. 676kcal

Chip shop platter beer battered fish & sausage, chunky chips, minted mushy peas, tartare sauce. 1.438kcal

Adults need around 2,000kcal a day

PUDDING SHOP

A selection of hot and cold desserts

Chocolate, rum ♂ raisin cheesecake ♥ chocolate-flavoured sauce, fresh raspberries. 490kcal

Orange, honey & vanilla flavour pudding with custard. 468kcal

Warm Bramley apple & raspberry tart crunchy crumble, vanilla flavour custard. *351kcal*

Mango & coconut mousse 🛇 📀

fresh berries, toasted coconut, lime syrup. *368kcal*

Chef's cheese board ♥ selection of cheeses, biscuits, grapes, shaved celery, fig ♂ honey chutney, apple. *733kcal*

Melon & berry fruit salad lime, mint, vanilla ice cream. 144kcal vegan option available @ 186kcal

Why not try a dessert wine?

Sauternes Garonnelles *France* Sauternes is a traditional sweet dessert wine from Bordeaux



CHEF'S SPECIALS

Rice pudding ♥ clotted cream & fruit compote. 484kcal

Vanilla cheesecake cherry compote, chocolate pieces. *584kcal*

ICE CREAM 🛛

served with Sablé biscuit Blackberry & clotted cream 340kcal Chocolate 349kcal Strawberry 319kcal Vanilla 281kcal Salted caramel 307kcal

PLANT BASED

ICECREAM © © Salted caramel 240kcal Vanilla 237kcal

SORBETS © © Lemon 116kcal Mango 134kcal

Adults need around 2,000kcal a day

V Suitable for vegetarians 🛛 😡 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 time 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 HEYTHROP_EVENING_ASIA_DELI UPDATE_2023

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