

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 OR code to find out more.

EVENING

D FLAVOURS

· 9 3

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

Crispy pork salad egg noodles, crunchy vegetables, fresh lime, chilli, soy sauce, coriander, crispy onions, toasted cashew nuts. 724kcal

> Sweet potato falafel 🛛 😒 carrot & spring onion salad, minted coconut sauce. 182kcal

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

W R 0 D FLAVOURS

Crispy Chimichurri cauliflower 🛛 😒 298kcal

Meatball, olive & apricot tagine 362kcal

Mexican-style chilli chicken 172kcal

Tamarind crispy squid 180kcal

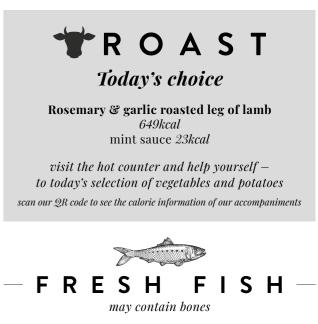
choose your sides

Egg fried rice V 229kcal

Spiced orange couscous 📀 😒 181kcal



Dishes inspired from around the world



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

Slow cooked pressed shin of beef roasted portobello mushroom, tomato, chunky chips, wholegrain mustard gravy. 677kcal

Veggie Cottage pie 🔮 cheesy sweet potato & herb topping. cabbage & tenderstem broccoli. 560kcal vegan option available 💿 394kcal

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

Bread & butter pudding ♥ vanilla flavour custard. *754kcal*

White chocolate crème brûlée ♥ fresh raspberries, Sablé biscuit. *312kcal*

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 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 when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. MK EVENING WORLD FLAVOURS DELI UPDATE 2023

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