

eat well

Mezz



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## BUFFET SERVICE, Monday to Friday, 11:00 – 15:00hrs

### STEP 1

Select your bowl size either Regular £7.95 (1000ml) or Large £9.95 (1300ml)



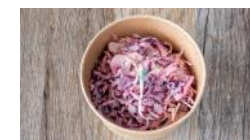
### STEP 2

Select your choice of protein from either Chicken Breast, Salmon Fillet (£1 supplement), Grilled Halloumi or Falafel (vg) – *double up on any protein for £2 extra*



### STEP 3

Once you've selected and paid for your bowl and protein, your bowl will be prepared by our kitchen, then presented to you, to self-serve with our delicious hot and cold side options from our buffet servery



*We respectfully ask that you only fill your bowl once from our buffet servery. Thank you*

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**MADE-TO-ORDER SERVICE, Monday to Friday 15:00 – 21:00hrs, Saturday - check profile for opening**

**STEP 1**

Select your box size either Regular £6.95 (1000ml) or Large £8.95 (1300ml)



**STEP 2**

Select your choice of protein from either Chicken Breast, Salmon Fillet (£1 supplement), Grilled Halloumi or Falafel (vg) – *double up on any protein for £2 extra*



**STEP 3**

Select your choice of base from either Wild Rice, Baby New Potatoes, Teriyaki Noodles or Mediterranean Couscous (all vg) – *add a 2<sup>nd</sup> base for £1 extra*



**STEP 4**

Choose from either Basic Salad, Steamed Vegetables, Slaw, Quinoa Superfood Salad or Lentil Dahl (all vg) – *add a 2<sup>nd</sup> veg/salad for £1 extra*



**STEP 5**

Choose your choice of dressing from either Honey Mustard, Yoghurt Mint, Chipotle, Mayo (vg), Sriracha (vg), French (vg), Sweet chilli (vg), Balsamic (vg). Your bowl will be prepared for you by our kitchen while you wait.

*Don't want a base? Feel free to double up or select 2 salad/veg options at no additional cost – and vice versa for base options!*