

THE RIDINGS
PART OF THEOBALDS ESTATE

LUNCH MENU

SERVED MONDAY - FRIDAY
12:00 - 17:00

SANDWICHES

served on warm ciabatta, with a side salad & lightly salted crisps

Prawn Marie Rose

prawns, Marie Rose sauce, gem lettuce & cucumber 778 kcal G,N,C,E,SO,CR 12.5

Chicken salad

chicken breast, mayonnaise, tomato, gem lettuce 849 kcal G,N,E,SO 11

Grilled vegetables

grilled courgette, aubergine, onions & houmous 827 kcal G,N,SE,SO 10.5

Soup of the day

please ask a member of the team for allergen & dietary requirements 8.45

SALADS

Chicken Caesar

garlic & herb croutons, parmesan shavings, Caesar dressing 504 kcal G,E,M 13.5

Greek salad

heirloom tomatoes, cucumber, red onion, olives & feta 530 kcal M 12.5

Superfood salad

broccoli, butternut squash, bulgur wheat, spinach, rocket & chia seeds
600 kcal MU,G,SO 12.5

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All tables will be subject to a discretionary service charge of 12.5%

Our suppliers & kitchens handle numerous ingredients & allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be allergen free. The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

Allergen Key: **C** celery, **G** gluten, **F** fish, **CR** crustaceans, **E** eggs, **MO** molluscs, **M** milk, **SE** sesame seeds, **N** nuts, **MU** mustard, **P** peanut, **SO** sulphur dioxide, **L** lupin, **S** soya



Vegan *on request*



Vegetarian *on request*



Non Gluten *on request*