# OLIVE @ STOKE NEWINGTON

## AUTUMN MENU

### WEEK 3

**MEAL DEAL £**













WHATS IN SEASON...

| | MON | TUES | WED | THURS | FRI |
|---|---|---|---|---|---|
| MAIN | Cajun Vegetable Bean Gumbo with Spiced Rice (CE, G, MU) | Thai Red Fish Curry with Lemon Scented Rice (F) | Roast Beef, Yorkshire Pudding, Horseradish Sauce & Roast Gravy (E, G, MK, MU) | Spaghetti Bolognese with Garlic Bread (G, MK, SE, SU) | "Catch of the Day" with Fresh Minted Mushy Peas & Homemade Tartare (E, F, G, SU) |
| VEGGIE | Frittata of Onions, Peppers & Spinach (E, G) | Mushroom & Quinoa Burger with Relish (V) (G, SE) | Vegetable Sausage "Toad in the Hole" with Gravy (E, G, MK) | Vegetable & Bean Chilli with Rice (CE, G) (V) | BBQ Chickpea & Cauliflower Flat-bread with Avocado Smash (CE, G, MU) |
| COOK STATION | Reggae Reggae Mixed Bean Sub with Slaw (CE, E, G, SE) | Piri Piri Chicken Leg with Seasoned Wedges (MU) | Vietnamese Veggie Hot Pot (CE, G, SO) | Chicken Shawarma with Roasted Vegetables & Flatbread (G, MK, SU) | "Chefs Choice" |
| PUD | Oatey Apple Crumble with Custard (G, MK) | Chocolate & Orange Marble Cake with Chocolate Sauce (E, G, MK) | Lemon Meringue Pie (E, G, MK) | Pear Crumble Cake with Cream (E, G, MK) | Peach & Caramel Cheesecake (E, G, MK, SO) |

**COLD SELECTION:** BAGUETTES • SANDWICHES • SALAD BOXES • FRESH FRUIT • YOGURT POTS

**ALLERGENS KEY**

**CE** – CELERY
**CR** – CRUSTACEAN
**E** – EGGS
**F** – FISH
**G** – CEREALS CONTAINING GLUTEN
**L** – LUPIN
**MK** – MILK
**MO** – MOLLUSCS
**MU** – MUSTARD
**N** – NUTS
**P** – PEANUTS
**SE** – SESAME SEEDS
**SO** – SOYA
**SU** – SULPHUR DIOXIDE

Go Vegan (V)

Olive dining

TB Theatre Bar