

UNA KITCHEN

ST IVES

LUNCH MENU

NIBBLES

MIXED OLIVES V £4

SMOKED NUTS V £3

BLOOMER BREAD WITH OLIVE OIL & BALSAMIC VINEGAR V £4

HEALTHY OPTIONS

*A MENU DESIGNED BY OUR PERSONAL TRAINER MATTHEW & OUR HEAD CHEF GLENN.
PERFECT IF YOU JUST WANT TO ENJOY A NUTRITIOUS HEALTHY LUNCH OR ARE ON A PLANT BASED DIET*

HOMEMADE SOUP OF THE DAY SERVED WITH CRUSTY BREAD V £6

BEETROOT HUMMUS, FLATBREAD & CREME FRAICHE V £6

FLAKED SALMON, ROCKET, SUGAR SNAP PEA & AVOCADO SALAD WITH A HONEY DRESSING £9

BACON, APPLE, CELERIAC, LAMBS LETTUCE & HAZELNUT SALAD £8

CHICKEN, BROCCOLI & RED PEPPER FRITTATA SERVED WITH SHREDDED SALAD £8

ROASTED CHERRY TOMATO, RED ONIONS & FRESH HERB FRITTATA SERVED WITH SHREDDED SALAD V £7

FALAFEL BALLS WITH TAHINI SAUCE & SHREDDED SALAD VEGAN £8

WOOD ROASTED SPICED SWEET POTATO, PINE NUT, HAZELNUT, CORIANDER & CASHEW CREAM VEGAN £8

BUCKWHEAT, ROASTED RED PEPPER & TAHINI WRAP SERVED WITH SHREDDED SALAD VEGAN £8

PIZZA

TOMATO, MOZZARELLA & BASIL V £9

BBQ PORK, MOZZARELLA, CHORIZO & SALAMI £11

PORTABELLA MUSHROOM, MOZZARELLA, GARLIC BUTTER BASE & TRUFFLE OIL V £10

SMOKED SALMON, CHILLI, LEMON AND GARLIC RICOTTA & FRESH FLAT LEAF PARSLEY £12

ROAST CHICKEN, MOZZARELLA, ROCKET & CAESAR DRESSING £12

WOOD ROASTED MIXED VEGETABLES, CASHEW CREAM & TOMATO VEGAN £10

SANDWICHES

SERVED ON BROWN OR WHITE BLOOMER, WITH SHREDDED SALAD & HOME MADE CRISPS

WOOD ROASTED CHICKEN, AVOCADO & HARISSA MAYONNAISE £8

SMOKED SALMON, CREAM CHEESE & ROCKET £10

SLOW ROASTED FENNEL, DOLCELATTE & CHILLI V £7

OPEN SANDWICH WITH STEAK, CARAMELISED RED ONION & ROCKET, SERVED WITH FRIES £12

SIDES

AL FORNO POTATOES £3

ROCKET, PARMESAN & PINE NUT SALAD £3

CHILLI AND GARLIC FINE BEANS £3

ROASTED MEDITERRANEAN VEGETABLES £3

SKIN ON FRIES £3.50