



12” STONE BAKED PIZZA

		Kcals	Kj
Margherita (V)	£5.25	1100	4603
Pepperoni	£5.95	1258	5392
Meat Feast	£5.95	1403	5869
Veggie Supreme	£5.95	1136	4753

SIDES

		Kcals	Kj
Wedges (VGN / GF)	£1.75	193	808
Pimped Wedges (V / GF) (chili & parmesan)	£2.00	225	945
House Salad (VGN / GF)	£1.00	51	212
House ‘Slaw (V / GF)	£1.00	239	505



STONE BAKED PIZZA SLICE

£1.85

	Kcals	Kj
Margherita (V)	206	861
Pepperoni	226	947
Meat Feast	285	1191
Veggie Supreme	229	956

Calorie information provided as per average serving
Adults need around 2000 kcal a day

THE *Classics* PASTA BAR

		Kcals	kJ
Penne Pasta & Pesto (V)	£2.50	341	1425

Penne Pasta & Tomato Sauce (VGN)	£2.50	214	894
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SIDES

		Kcals	kJ
Garlic Pizza Slice (V)	£1.00	95	438
House Salad (VGN / GF)	£1.00	51	212
House 'Slaw (V / GF)	£1.00	121	505

Calorie information provided as per average serving
Adults need around 2000 kcal a day

THE Classics

JACKET POTATOES

		kcal	kJ
Baked Jacket Potato (VGN / GF)	£1.75	306	1280
Baked Sweet Potato (VGN / GF)	£1.95	292	1223
Beef Chili (GF)	£1.55	178	744
Vegetable Ratatouille(VGN / GF)	£1.55	91	381
Baked Beans (VGN / GF)	65p	76	316
Cheese (V / GF)	95p	165	690
Tuna Mayo (GF)	£1.15	104	436
Skinny Fries (V)	£1.75	578	2418
Freshly Made Coleslaw	£1.00	124	2017
Mixed Salad	£1.00	26	109

SOUP OF THE DAY

		Kcal	kJ
Freshly made Soup of the Day	£1.75	246	1031
Served with bread & butter (V)			

Calorie information provided as per average serving
Adults need around 2000 kcal a day

BAMBOO

MONDAY

A TASTE OF THE EAST



BAMBOO BITES

F.U.E.L.

Edamame Beans (VGN / GF)	£1.50	kcal	147	kJ	614
Dim Sum (VGN)	£1.50		230		964
Chicken Yakitori Skewers (GF)	£2.50		365		1528

CHOW DOWN

Chicken Katsu Donburi Bowl	£5.00	Kcal	742	kJ	3103
Tofu Katsu Bowl (V / GF)	£5.00		657		2749
Pulled Oat Protein Meatball	£5.00		613		2563
Donburi Bowl (VGN / GF)					

TAKE YOUR PICK

Donburi Pickle (VGN / GF)	80p	kcal	8	kJ	33
Katsu Fries (VGN / GF)	£1.75		604		2527
Katsu Sauce (VGN / GF)	50p		111		464
Sweet Chili Sauce (VGN / GF)	40p		22		91

Calorie information provided as per average serving
Adults need around 2000 kcal a day

F.U.E.L.

- Nutritious choice



BAMBOO

TUESDAY

A TASTE OF THE EAST



BAMBOO BITES

F.U.E.L.

Edamame Beans (VGN / GF)	£1.50	kcal	147	kJ	614
Dim Sum (VGN)	£1.50		230		964
Chicken Yakitori Skewers (GF)	£2.50		365		1528

CHOW DOWN

F.U.E.L.

Chili Glazed Salmon Noodle Bowl	£6.00	Kcal	574	kJ	2401
Chicken & Sweet Chili Noodle Bowl	£5.00		548		2293
Hoisin Stir Fry Plant Based Rice Noodle Bowl (VGN / GF)	£5.00		418		1749

TAKE YOUR PICK

Donburi Pickle (VGN / GF)	80p	kcal	8	kJ	33
Katsu Fries (VGN / GF)	£1.75		604		2527
Katsu Sauce (VGN / GF)	50p		111		464
Sweet Chili Sauce (VGN / GF)	40p		22		91

Calorie information provided as per average serving
Adults need around 2000 kcal a day

F.U.E.L.

- Nutritious choice



BAMBOO

WEDNESDAY

A TASTE OF THE EAST



BAMBOO BITES

F.U.E.L.

Edamame Beans (VGN / GF)	£1.50	kcal	147	kJ	614
Dim Sum (VGN)	£1.50		230		964
Chicken Yakitori Skewers (GF)	£2.50		365		1528

CHOW DOWN

Chicken Katsu Burger	£5.00	kcal	936	kJ	3915
Tofu Katsu Burger (VGN)	£5.00		811		3393

TAKE YOUR PICK

Donburi Pickle (VGN / GF)	80p	kcal	8	kJ	33
Katsu Fries (VGN / GF)	£1.75		604		2527
Katsu Sauce (VGN / GF)	50p		111		464
Sweet Chili Sauce (VGN / GF)	40p		22		91

Calorie information provided as per average serving
Adults need around 2000 kcal a day

F.U.E.L.

- Nutritious choice



BAMBOO

THURSDAY

A TASTE OF THE EAST



BAMBOO BITES

F.U.E.L.			kcal	
	Edamame Beans (VGN / GF)	£1.50	147	614
	Dim Sum (VGN)	£1.50	230	964
	Chicken Yakitori Skewers (GF)	£2.50	365	1528

CHOW DOWN

		kcal	
Slow Cooked Korean Beef Curry (GF)	£5.00	665	2783
Plant Based Malaysian Curry (VGN / GF)	£5.00	665	2783

TAKE YOUR PICK

		kcal	
Donburi Pickle (VGN / GF)	80p	8	33
Katsu Fries (VGN / GF)	£1.75	604	2527
Katsu Sauce (VGN / GF)	50p	111	464
Sweet Chili Sauce (VGN / GF)	40p	22	91

Calorie information provided as per average serving
Adults need around 2000 kcal a day

F.U.E.L. - Nutritious choice



Fri-YAY FISH & CHIPS

THE MAIN EVENT

		kcal	kJ
Beer Battered Fish	£3.75	715	2992
Steak & Ale Pie	£3.25	595	2489
Chicken & Mushroom Pie	£3.25	589	2464
Chicken Balti Pie	£3.25	655	2741
Sausage Roll	£3.25	742	3105
Vegan Sausage Roll	£3.25	528	2209
Chip Butty	£2.50	678	2837

SIDES

		kcal	kJ
Skin on Fries (VGN / GF)	£1.75	549	2297
Mushy Peas (VGN / GF)	75p	107	448
Garden Peas (VGN / GF)	75p	121	506
Gravy (VGN / GF)	65p	18	75
Curry Sauce (VGN / GF)	65p	84	351

EXTRAS

		kcal	kJ
Pickled Onion (VGN / GF)	50p	25	105
Pickled Egg (GF)	50p	77	322
Pickled Gherkin (VGN / GF)	50p	28	117

Calorie information provided as per average serving
Adults need around 2000 kcal a day

Chapati Chaat

TWO CHAPATIS SPREAD WITH TARKA DHAL
HUMMOUS SERVED WITH RICE AND YOUR
CHOICE OF CURRY

MONDAY

BUTTER CHICKEN (GF)

Kcal	Kj
1518	3905

CHICKPEA & SWEET POTATO ROGAN JOSH (VGN/GF)

1154	4827
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TUESDAY

BEEF MADRAS

1205	5039
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PANEER & SQUASH TIKKA MASALA (V/GF)

1123	4696
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WEDNESDAY

CHICKEN NIMBU CURRY

1147	4797
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EGG CURRY (V/GF)

1142	4776
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THURSDAY

LAMB KEEMA

1270	5310
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CHICKENPEA & AUBERGINE CURRY (VGN)

1022	4714
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FRIDAY

BUTTER CHICKEN (GF)

1518	6350
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VEGETABLE CURRY (VGN/GF)

1030	4307
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SIDES

MASALA POTATOES (V/GF)

	Kcal	Kj
£1.00	445	1861

CRISPY BHAJI BITES (VGN/GF)

£1.50	225	941
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KASHMER CARROT PICKLE (VGN/GF)

80p	66	274
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SALSA CRIOLLA (VGN/GF)

80p	12	50
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MINT & YOGHURT (V/GF)

40p	10	42
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