

The Atrium

ALL DAY MENU | 12PM-9PM

**Asian-spiced salmon wrap, pickled cucumber,
carrot, leek, dressed salad £12.95**

Maintains bone health | Aids healing | Prevents muscle loss | Source of Omega 3

**Buffalo chicken wrap, chicken breast,
rocket, blue cheese sauce, dressed salad £11.95**

High in protein | Anti-inflammatory | Maintains blood pressure

Falafel and hummus wrap £10.95 (V)

High in micronutrients | Source of fibre | Source of plant-based protein

Asian-marinated salmon black rice salad, curly kale, charred lime £16

High in protein | Loaded with antioxidants | Source of Omega 3

Moroccan breast of chicken buckwheat salad £16

Cholesterol lowering effects | Reduces hypertension | Improves digestion

Creamy mango tempeh curry, steamed wild rice £14.50 (VG,CN)

High in protein | Source of fibre | High in calcium and iron

V - VEGETARIAN | VG - VEGAN | CN - CONTAINS NUTS

GF - DOES NOT DIRECTLY INCLUDE INGREDIENTS CONTAINING GLUTEN | DF - DOES NOT DIRECTLY CONTAIN DAIRY



Please speak to your server should you have any allergen or intolerance concerns. As our dishes are freshly prepared in-house, we may be able to amend meals to suit, however, due to the variety of produce in our kitchens, we cannot guarantee that any dish is free from potential allergens, including where indicated above. Fish dishes may contain small bones. Scan the QR code to view menu with calories. Please note, the recommended daily intake for adults is 2000 kcal a day.