

LUNCH BXD



BXD BASIL PESTO AND ORZO (V)

Our homemade basil, cashew pesto with orzo pasta, cherry tomatoes, edamame beans, baby spinach and shaved pecorino

Orzo pasta (GLUTEN), cherry tomatoes, **edamame beans (SOYA)**, baby spinach, **pecorino (DAIRY)**, **homemade pesto:** (roasted garlic, basil, **cashews (NUTS)**, olive oil, **parmesan (DAIRY)**, lemon).

BXD BASIL PESTO AND ORZO WITH PULLED CHICKEN

Pulled chicken with our homemade basil, cashew pesto and orzo pasta, cherry tomatoes, edamame beans, baby spinach and shaved pecorino

Pulled chicken breast, **Orzo pasta (GLUTEN)**, cherry tomatoes, **edamame beans (SOYA)**, baby spinach, **pecorino (DAIRY)**, **homemade pesto:** (roasted garlic, basil, **cashews (NUTS)**, olive oil, **parmesan (DAIRY)**, lemon).

BXD BUFFALO SQUASH AND KALE (V)

Spicy buffalo squash with a chopped celery, chive and sweet corn salad and sour cream

Buffalo sauce: (chipotle, vegetable oil, garlic powder (garlic), **Worcestershire sauce** (malt vinegar (from barley), vinegar, molasses, sugar, salt, **anchovies (FISH)**, tamarind extract, onion, garlic, spice, flavouring – **CONTAINS GLUTEN, BARLEY & FISH** – no colours, preservatives or artificial flavourings), cayenne pepper, **honey (not vegan:** (wildflower honey: blend of EC & non EC honeys)), kale, butternut squash, sweetcorn (sweetcorn kernels, water, sugar, salt), **low fat yoghurt (MILK)**, lemon, green pepper, **celery (fresh)**, curly parsley, fresh chives, lemon, spring onion.

BXD BUFFALO SQUASH AND KALE WITH PULLED PORK

Pulled pork, spicy buffalo squash with a chopped celery, chive and sweet corn salad and sour cream

Pulled pork leg, **Buffalo sauce:** (chipotle, vegetable oil, garlic powder (garlic), **Worcestershire sauce** (malt vinegar (from barley), vinegar, molasses, sugar, salt, **anchovies (FISH)**, tamarind extract, onion, garlic, spice, flavouring – **CONTAINS GLUTEN, BARLEY FISH** – no colours, preservatives or artificial flavourings), cayenne pepper, **HONEY (not vegan:** (wildflower honey: blend of EC & non EC honeys)), kale, butternut squash, sweetcorn (sweetcorn kernels, water, sugar, salt), **low fat yoghurt (MILK)**, lemon, green pepper, **CELERY (fresh)**, curly parsley, fresh chives, lemon, spring onion.

BXD JEWELLED ORANGE PILAF (V)

A fruity, nutty pilaf with orange dressing, bulgur wheat, peppers, red onion, courgette, pomegranate seeds and a green hummus.

Orange dressing: (orange juice & zest, lemon juice, olive oil, harissa paste (red pepper 86%, spices, garlic, salt), ground cinnamon, ground coriander, shallot, **red wine vinegar:** (red wine vinegar, **sulphur dioxide – contains SULPHITES**), **bulgur wheat (pre cooked durum, GLUTEN**, red quinoa, white quinoa – may contain traces of **MILK, EGG, SOYA, CELERY, MUSTARD, LUPINE, SESAME**), red pepper, red onion, courgette, **toasted almonds (flaked ALMONDS)**, curly parsley, fresh mint, **pomegranate seeds, HUMMUS** (cooked chickpeas, rapeseed oil, water, **tahini (SESAME seed paste)**, acidity regulator: citric acid, salt, garlic granules, preservative (**potassium sorbate**)), baby spinach.

BXD JEWELLED ORANGE PILAF WITH CHICKEN

Chicken breast with a fruity, nutty pilaf with orange dressing, bulgur wheat, peppers, red onion, courgette, pomegranate seeds and a green hummus.

Chicken, **Orange dressing:** (orange juice & zest, lemon juice, olive oil, harissa paste (red pepper 86%, spices, garlic, salt), ground cinnamon, ground coriander, shallot, **red wine vinegar:** (red wine vinegar, **sulphur dioxide – CONTAINS SULPHITES**), **bulgur wheat (pre cooked durum, GLUTEN**, red quinoa, white quinoa – may contain traces of **MILK, EGG, SOYA, CELERY, MUSTARD, LUPINE, SESAME**), red pepper, red onion, courgette, **toasted almonds (flaked ALMONDS)**, curly parsley, fresh mint, **pomegranate seeds, HUMMUS** (cooked chickpeas, rapeseed oil, water, **tahini (SESAME seed paste)**, acidity regulator: citric acid, salt, garlic granules, preservative (**potassium sorbate**)), baby spinach.

BXD QUINOA PAELLA (V)

Our gently spiced quinoa paella with lemon, peas, peppers, kale and fresh baby spinach

Quinoa: (quinoa, packed in a factory that handles **NUTS, PEANUTS, SESAME, GLUTEN, SOYA**), red onion, peas, red pepper, kale, baby spinach, **garlic puree:** (rehydrated garlic (98%), **acidity regulator citric acid E330**), sugar), red chilli, turmeric, **Ginger Paste:** (ginger (95%), salt, acidity regulators: citric acid, **sodium ascorbate**), smoked paprika, curly parsley, **tomato puree:** (tomatoes, salt), **white wine** (cooking Chardonnay, salt, preservative (**sulphur dioxide (SULPHITES)**)), water, lemon.

BXD QUINOA PAELLA WITH KING PRAWNS

King prawns with our gently spiced quinoa paella with lemon, peas, peppers, kale and fresh baby spinach

king prawns (crustacean), Quinoa: (quinoa, packed in a factory that handles **NUTS, PEANUTS, SESAME, GLUTEN, SOYA**), red onion, peas, red pepper, kale, baby spinach, **garlic puree:** (rehydrated garlic (98%), **acidity regulator citric acid E330**), sugar), red chilli, turmeric, **Ginger Paste:** (ginger (95%), salt, acidity regulators: citric acid, **sodium ascorbate**), smoked paprika, curly parsley, **tomato puree:** (tomatoes, salt), **white wine** (cooking Chardonnay, salt, preservative (**sulphur dioxide (SULPHITES)**)), water, lemon.

BXD RED PEPPER COURGETTI (V) (GF)

Courgette 'spaghetti', roast peppers, butter beans, chili, slow roasted red pepper pesto, mozzarella pearls and crushed cashews

Ingredients: courgette, **peppers (red wine vinegar, sulphites), mozzarella (milk), cashews (nuts)**, butter beans, chili, red pepper tapenade (red peppers, sunflower oil, tomato concentrate, olive oil, concentrated lemon juice, garlic puree, basil, **parmesan (milk, egg)**), lemon, **vegetable oil (soya)**, salt.

BXD RED PEPPER COURGETTI WITH CHICKEN BREAST (GF)

Chicken breast, courgette 'spaghetti', roast peppers, butter beans, chili, slow roasted red pepper pesto, mozzarella pearls and crushed cashews

Ingredients: chicken breast, courgette, **peppers (red wine vinegar, sulphites), mozzarella (milk), cashews (nuts)**, butter beans, chili, red pepper tapenade (red peppers, sunflower oil, tomato concentrate, olive oil,

concentrated lemon juice, garlic puree, basil, **parmesan (milk, egg)**, lemon,
vegetable oil (soya), salt.