

Theo's @ Rutland – lunch menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Asia	Europe	India	Americas	Fish and chips
Hot protein	Kida bao BBQ sliced chicken with a steamed folded naan	Roman meatball stroganoff Roman chicken meatballs in a creamy mushroom stroganoff sauce	Tikka chicken biryani sliced chicken tikka thighs, garden peas and fried onions	Churrasco feast Churrasco brochettes and roasted potatoes with chimichurri sauce	Salt and vinegar fish bites Served with minted mushy peas
	BBQ stir fry BBQ sliced chicken and broccoli stir fry	Wicked flats Original chicken thighs, roasted red pappers, black olives, dill and mint, sprinkled with feta cheese and khobez bread	Chicken tikka folded naan Sliced chicken tikka thighs, kachumber salad and a folded naan	Rainbow tacos Piri piri sliced chicken thighs, pineapple, red onion, coriander salsa, orange pickled red cabbage and tacos	Fish cakes
	Vegetarian stir fry Sliced mock chicken and broccoli stir fry (v)	Rockin' halloumi burger Theo's grilling cheese, mashed avocado, roasted red peppers, rocket in a rustic bun (v)	Indian falafel burrito Sweet potato falafel, mango chutney, coriander, red chilli, cucumber and mint raita and a tortilla wrap (v)	Chargrilled halloumi tacos Theo's grilling cheese, chargrilled sweetcorn and kiwi salsa, jalapeno guacamole and tacos (v)	Pure delight Theo's spinach and kale burger, harissa spiced sauce, minted gherkin, vegan cheese in a vegan brioche bun (vg)
Carbohydrate	Dusted wedges	Dusted wedges	Dusted wedges	Dusted wedges	Dusted wedges
	Rice	Farfalle	Pilau rice	Mexican rice	Steakhouse chips
Sandwiches	A selection of sandwiches and wraps				
Jacket potato bar	Jacket potatoes available daily with a choice of baked beans, grated cheese, tuna mayo or a daily chef's special				
Sauces	A selection of sauces available daily				
Fruit	A selection of whole fruit				
Desserts	A selection of fresh cakes				
Dairy	A selection of fruit yoghurt and natural yogurt pots (soya yogurts available on request)				