

WEEKLY MENU

WEEK BEGINNING
14th July

BEGBROKE
SCIENCE PARK
Café | Restaurant

MONDAY 14th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Lamb Moussaka Served
with Garlic Bread and
Mixed Leaf Salad
£5.55

VEGETARIAN OPTION
Gnocchi in a Fresh
Tomato Sauce with Salad
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

TUESDAY 15th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Green Thai Chicken Curry
Served with Coconut Rice,
Thai Style Vegetables and
Prawn Crackers
£5.55

VEGETARIAN OPTION
Tofu Thai Green Curry
Served with Coconut Rice,
Thai Style Vegetables and
Prawn Crackers
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

WEDNESDAY 16th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
BBQ Pulled Pork Served
with Wedges and Sweet
Chilli Coleslaw
£5.55

VEGETARIAN OPTION
Aubergine Parmigiana
Burger Served with
Wedges and Sweet Chilli
Coleslaw
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

THURSDAY 17th

Ham Croquetas,
Albondigas Smoked
Meatballs and
Patatas Bravas
From £3.00

SPANISH DAY
Spanish Chicken with
Chorizo and Olives with
Roasted Courgette
£5.55

SPANISH DAY
Spanish Omelette with a
Tomato and Olive salad
£5.55

Freshly Made Churros with
Chocolate Sauce
From £2.00

FRIDAY 18th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Fish Finger Ciabatta
Served with Chips, Lemon,
Handmade Tartare Sauce
and Mixed Leaf Salad
£5.55

VEGETARIAN OPTION
Mushroom, Spinach and
Tomato Pizza Served with
Chips and Mixed Leaf
Salad
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

Café in the CIE open 8am - 4pm. With a range of sweet & savoury take away items.



For allergy and nutritional information
please speak to a member of the team.
Adults need around 2000kcal a day.

