

# THE Kitchen

## TAKEAWAY MENU

Take a taste of Manor House with you!  
Collection only.



## Build a box!

Choose one item from each box to create a perfectly balanced meal

### Protein

#### Smoked salmon

5.2g c / 8.8g f / 20.1g p  
167 calories

#### Roast Chicken

0g c / 6.6g f / 13.7g p  
125 calories

#### Tuna

0g c / 0.6g f / 13.6g p  
61 calories

#### Baked ham

2.5g c / 3.5g f / 22g p  
130 calories

### Carbs

#### Cajun sweet potato

20g c / 10g f / 1.6g p  
176 calories

#### Israeli Couscous

16.1g c / 5g f / 1.7g p  
116 calories

#### Five bean salad

13g c / 4.1g f / 5.4g p  
110 calories

#### Olive & artichoke pasta

36g c / 8.1g f / 7.2g p  
245 calories

### veg

#### Red cabbage slaw

7.8g c / 11.1g f / 0.7g p  
132 calories

#### Mediterranean veg

5.7g c / 3.6g f / 1.5g p  
63 calories

#### Avocado

6.4g c / 11g f / 1.5g p  
120 calories

#### Spiced chickpeas

10g c / 1.2g f / 3.1g p  
62 calories

Take out £6.95

c = carbs / f = fats / p = protein

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## Sandwiches - All £5

Avocado, sriracha, goats' cheese, wild rocket, sesame  
Air dried ham, gherkin, tomato, wild rocket, mustard  
Mediterranean vegetable, spiced chickpea, wild rocket  
Mature cheese, tomato, ale chutney, baby gem  
Homemade soup of the day, crusty bread  
Bacon doorstop sandwich on sourdough or wholemeal

## Salads and Small Plates - All £6.95

Caesar salad - Baby gem lettuce, anchovies, egg, smoked bacon  
Tuna Niçoise - Tuna, potato, green beans, olives, egg, wild rocket  
Giant couscous, Mediterranean vegetables, spinach  
Avocado, smoked bacon & goats cheese salad  
Quiche of the day

## All Drinks

The perfect start to the day - our juices, and smoothies change daily.

Energising juice of the day - £4

Power smoothie - £4

Apple, Orange, Pink Grapefruit juice - £3

Teas from T2: £2.5

(English Breakfast, Earl Grey, Peppermint, French Earl Grey,  
Camomile, Green Sencha, Lemon and Ginger)

Nespresso coffees: £3

(Espresso, Americano, Latte, Cappuccino, Mochaccino, Macchiato,  
Flat White, Intenso Americano)

Please visit our website - [www.manorhouselindley.co.uk](http://www.manorhouselindley.co.uk)