# MARKET KITCHEN

## You can now pick and choose your perfect pairings from our self-serve buffet

There's endless choice (and endless roasties) so you can enjoy dinner with us, exactly how you like it. Expect daily changes too – with theme nights, chef's specials and delicious roasts – so every night is a dining delight.

## TO START



## BUFFET COUNTER

### An array of delicious dishes to suit all taste buds

Dine from our starter buffet counter offering daily changing popular classics, tasty salads, quiche, sliced meats, fish & an array of dressings... you'll be spoilt for choice.



**Chef's soup of the day •** with toppings, selection of breads



#### Taste of ITALY

Dishes inspired from around the world

Rustic minced pork sausage & fennel ragu with pasta 386kcal

Roasted vegetables in spiced arrabiata sauce v s 70kcal

Lasagne al forno 354kcal

Pan fried seabass & caponata 377kcal Garlic polenta © © 539kcal

## MAINS



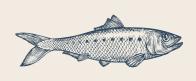
Today's choice

Slow cooked pulled lamb shoulder 251kcal

> Roasted chicken 308kcal

Cranberry, apricot & sourdough stuffing ⊙ 91kcal, mint sauce ⊙ ⊙ 23kcal

Help yourself to today's selection of vegetables and potatoes.



## FRESHFISH of the day

Ask your Host for today's choices

served with White wine creamy sauce 186kcal

#### CHEF'S SPECIALS

Oak smoked pork belly Cider sauce. *418kcal*  Broad bean, courgette ℰ spinach risotto ♥ ♥ lemon oil. *383kcal* 

Adults need around 2,000kcal a day.



## PUDDING SHOP

*An array of after dinner treats* Daily changing selection of tasty cold and hot desserts.



For calorie information for all dishes, please refer to the labels on the buffet counter. Alternatively, scan our QR code to find out more.

### V Suitable for vegetarians 🛛 😡 Suitable for vegans

For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering even if you have dined with us before as our food ingredients and specifications can change. Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. MK\_EVENING\_ITALY 2024

#### ALLERGENS AND CALORIES

Whether you are vegetarian or vegan, have an allergy or intolerance to any ingredient, or just want more detail about our food and drinks including kcals – simply scan the QR code to find out more.

