



# Market Kitchen Menu



## Food allergy or intolerance?

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. 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. If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more. MK EVENING ITALY LIT 2024

Adults need around 2,000kcal per day

# STARTERS

## Chargrilled vegetable filo tart v Ve

Parsley dressing, herb emulsion.  
370kcal

## Bloody Mary crumpet

Prawns, beetroot cured sea trout, cottage cheese and dill.  
359kcal

## Pea & ham soup

Peas, crispy bacon, Parmesan & warm onion loaf.  
328kcal

## Garlic mushrooms v

Creamy sauce, parsley oil,  
hot mustard rarebit crouton.  
424kcal

## Terrine made with British chicken & ham hock

Tomato chutney, salad of  
pickled vegetables.  
190kcal

# THE DELI

*Step up to the deli buffet for a vibrant haven of delights. Explore an array of colourful salads, cold meats & fish, freshly baked breads & freshly prepared quiches, crafted with care.*

# MAINS

## ROAST

### Slow cooked pulled lamb shoulder

251kcal

Mint sauce v Ve 23kcal

*Served with a selection of vegetables and potatoes.*



## CATCH OF THE DAY

Buttered potatoes, seasonal vegetables and white wine cream sauce.

*Please ask your server for further details.*



## TASTES OF ITALY

### Rustic minced pork sausage & fennel ragu

Pasta, garlic bread, Italian style hard cheese  
618kcal

### Roasted vegetables in spiced arrabiata sauce v Ve

Garlic polenta.  
719kcal

### Lasagne al forno

Garlic bread, cherry tomato, roquette & mixed leaf salad.  
764kcal

### Pan fried seabass & caponata

Garlic polenta, fresh lemon & roquette.  
923kcal

*Scan our QR code to see the calorie information of our accompaniments.*