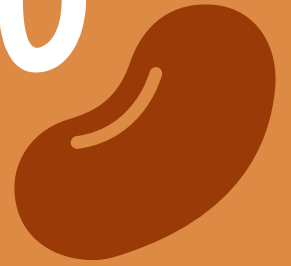


# BEANS MENU



## MONDAY

QUORN BEAN CHILLI WITH RICE £ 4.95

## TUESDAY

VEGGIE BEANY BURRITO £ 4.95

## WEDNESDAY

SWEET POTATO, CHICKPEA & DAL COCONUT CURRY  
WITH FIRE CRACKER POTATOES £ 4.95

## THURSDAY

AFRICAN FIRE BEAN STEW £ 4.95

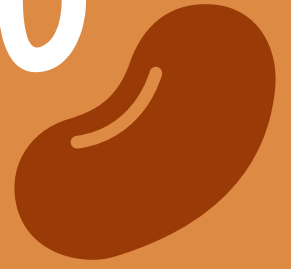
## FRIDAY

VEGAN RAJ BEAN BURGER £ 5.95

**BEANS ARE ALSO AVAILABLE  
DAILY DURING BREAKFAST**



# BEANS MENU



*FULL OF BEANS IS A CITY-WIDE CAMPAIGN THAT  
AIMS TO PROMOTE GREATER CONSUMPTION OF  
BEANS AND PULSES.*

*WE SUPPORT THIS CAMPAIGN BY SERVING A DISH  
MADE WITH BEANS OR PULSES DAILY.*

*BEANS ARE PLANT-BASED PROTEIN AND FIBRE-  
RICH, WHICH IS GOOD FOR HEART AND GUT  
HEALTH AND CONSIDERED AN ALTERNATIVE TO  
ANIMAL PRODUCTS.*

*THEY ALSO BENEFIT THE PLANET BECAUSE THEY  
DON'T NEED MUCH WATER, ARE LOW IN CARBON,  
AND HELP ENRICH THE SOIL BY FIXING NITROGEN  
LEVELS.*

