



Breakfast & brunch				
	Turkey, egg & avo breakfast	7	5	5
8	<i>Recipe with Cook's tip - add another poached egg</i>	9	5	5
10	Mushroom Florentine omelette	7	3	3
	Black bean shakshuka	4	1	1
12	<i>Recipe with Cook's tip - serve with French bread</i>	8	4	4
14	Bacon, egg & sausage burger	11	9	9
16	Veggie hash with poached eggs	6	4	0
18	Breakfast frittata	5	2	1
20	Scrambled eggs & spinach on rye	7	3	3
22	Potato & bacon tortilla	7	5	2
24	Eggs Benedict	6	4	4
26	Baked French toast	10	8	8
Lunch				
28	Boiled eggs with lentil tabbouleh	9	4	4
30	Prawn pad Thai omelette	12	7	7
32	Butternut squash fritters	8	7	7
34	Egg salad open sandwiches	6	4	4
	Green goodness soup	8	6	6
36	<i>Recipe with Cook's tip - serve with crusty bread roll</i>	13	11	11
38	Mexican-style crustless quiche	3	2	2
40	Spinach & egg pie	7	5	5
42	Niçoise salad	5	2	2
44	Salmon & egg slice	3	0	0
46	Quiche Lorraine	9	6	6
48	Salmon kedgeree	14	6	6



Dinner				
50	Asian spiced broth with pork balls	6	4	4
52	Speedy spaghetti carbonara	15	15	15
54	Florentine pizza	14	11	11
56	Chorizo & tomato pasta	11	9	9
	Gammon & egg pie	13	12	8
58	<i>Recipe with Cook's tip - swap potato mash for celeriac or cauliflower mash</i>	10	8	8
	Chicken & shiitake egg drop soup	6	2	2
60	<i>Recipe with Cook's tip - swap chicken stock for vegetable stock & chicken breast fillets for cubed tofu</i>	6	2	2
62	Chicken & egg fried rice	10	7	2
64	Spelt pasta with squash & egg	10	8	3
	Egg & lentil curry	8	5	5
66	<i>Recipe with Cook's tip - add fat free natural yogurt with mint</i>	9	5	5
Sweets & snacks				
68	Turkey Scotch eggs	5	2	2
70	Hash brown, sausage & egg cups	4	2	1
72	3-Ingredient pancakes	7	5	5
74	Custard tarts	6	5	5
76	Dark chocolate-orange mousse	6	5	5
78	Zingy lemon meringue tart	9	8	8