



DINOCHEF

# THE MENU



# EARLY START (BREAKFAST: 8 AM - 4 PM)

- **Omelettes - Choose Your Own** £8

Greek: Olives, feta, spinach, red pepper  
Spanish: Potatoes small cubes, onions, parsley paprika  
Cajun: Black Beans, Cheese corn, onions, tomatoes

- **Smoked Salmon, Scrambled Eggs, Sourdough Toast** £9

- **Fresh Seasonal Fruit Salad** £7

- **Hearty Breakfast** £11

Eggs, hash browns, mushrooms, avocado, spinach, feta, baked beans, toast





# EARLY START (BREAKFAST: 8 AM - 4 PM)

- **Asparagus & Eggs** £8
  - Hollandaise sauce, croutons
- **Burrata & Peaches** £9
  - Rocket, leaves, strawberries, balsamic glaze
- **Avocado & Eggs** £9
  - Crushed avocado on toast, poached eggs, smoked salmon, chives
- **Royale Eggs** £10
  - Muffin, smoked salmon, poached eggs, hollandaise, watercress





# EARLY START (BREAKFAST: 8 AM - 4 PM)

- **Banana Bread & Chopped Walnuts** £7
- **Fresh Yoghurt, Ginger, Honey** £6
- **Pancakes** £5
  - Honey, sultana syrup
  - Banoffee
  - Maple Syrup
  - Strawberries & White Chocolate Sauce (+£2)
- **Ricotta & Figs** £9
  - Leaves, honey
- **Toasted Bagel** £8
  - Cream cheese, smoked salmon, horseradish cream, Butter & Jam (Strawberry)
- **Fresh Baked Croissants (2)** £5





# FRESH SOUP OF THE DAY

- **Pea & Mint**
- **Carrot & Orange Cumin**
- **Lentil & Vegetable**
- **Cauliflower**
- **Chicken Noodle & Sweetcorn**
- **Carrot & Coriander**
- **Broccoli & Stilton**

£6

£6

£6

£6

£6

£6

£6





# SIGNATURE MEATS

- **Shawarma Options:**

- Lamb
- Chicken

Small £7 Large £9

Small £6 Large £8

- **Sirloin Steak**
- **Rib Eye Steak**
- **Chicken Breast**
- **Chicken Thigh Skewers**
- **Grilled Salmon**
- **Sea Bass**
- **King Prawn Skewers**

£22

£24

£12

£10

£12

£12

£14





# FRESH SALADS

- **Asian Noodle Salad:** Peanut sesame £8
- **Caprese Salad:** Pine nuts, balsamic glaze, mozzarella, tomato, basil £8
- **Crayfish, Avocado, Mango, Chili, Coriander** £14
- **Nicoise:**
- Tuna £12
- Salmon (Hot) £15
- **Caesar:**
- Chicken £14
- King Prawn £14
- (With or without anchovies)
- **Pear, Honey & Roquefort:**
- Baby gem, walnuts, figs £14





# GLAZES/DRESSINGS

- |                          |    |
|--------------------------|----|
| • Teriyaki               | £2 |
| • Piri Piri              | £2 |
| • Cajun                  | £2 |
| • Sweet Chili            | £2 |
| • Coriander Chili Garlic | £2 |
| • Honey & Soy            | £2 |
| • Moroccan Spiced        | £2 |





# SAUCES

- **Aioli**
- **Sriracha**
- **Sriracha Mayo**
- **Wasabi Mayo**
- **Chili, Mango, Coriander**
- **Tzatziki**
- **Sweet Pickles Red Onions**
- **Horseradish Cream**

£2  
£2  
£2  
£2  
£2  
£2  
£2  
£2

# NIBBLES

- **Candied Cashews**
- **Bell Peppers Cream Cheese**
- **Blue Cheese Filled Olives**

£3  
£3  
£3





# SIDES

- |  |    |
|--|----|
| • <b>Skinny Fries</b>                                      | £4 |
| • <b>Seasonal Greens</b>                                   | £5 |
| • <b>Steamed Rice</b>                                      | £3 |
| • <b>Cous-Cous</b>   | £4 |
| • <b>Tabbouleh</b>   | £4 |
| • <b>Coriander, Carrot, Bean</b>                           | £4 |
| • <b>Crispy Tortillas</b> (Smoked Paprika Turmeric Garlic) | £2 |
| • <b>Strawberry Slaw</b>                                   | £5 |
| • <b>Dino Slaw</b>   | £4 |
| • <b>Mediterranean Rice</b>                                | £4 |
| • <b>Crispy Onions</b>                                     | £4 |
| • <b>Hummus</b>  | £4 |
| • <b>Mango Salsa</b>                                       | £5 |





# SWEET

- **Lemon Curd Madeleines (2)** £4
- **Macaroons (3)** £4
- **Chocolate Brownies** £4
- **Chocolate Muffins** £4
- **Chocolate Cookies** £2
  
- **Scones:** £5
  - Cheese
  - Plain
  - Sultana
  
- **Cannolis** £4
- **Fruit & Nut Rocky Road** £4
- **Millionaire Shortbread** £4





# SWEET

- **Mango Ice Cream** £4
- **Strawberry, Chocolate, Vanilla Ice Creams (2 scoops)** £4
- **Chocolate Mousse** £6
- **Apple Crumble** £7
- **Sticky Toffee Pudding** £7
- **Sicilian Eton Mess:** Lemon Drizzle £7
- **Eton Mess:** Strawberries, Melba Sauce £7
- **Chocolate Fudge Cake** £5





# WELLNESS DRINKS

- **Fresh Squeezed Orange** £5
- **Vital:** Pineapple, mango, orange, avocado £7
- **Immunity:** Orange, turmeric, lemon, cayenne, banana, ginger, avocado, apple, black pepper £8
- **Berry 1:** Mixed berries, banana, honey, pineapple juice, ginger £7
- **Berry 2:** Strawberry, raspberry, blueberries, banana, coconut milk, lime £7
- **ABC:** Apple, beetroot, carrot £6
- **Glow:** Mango, pineapple, ginger £7
- **Power:** Mango, orange, strawberry, peach £7
- **Beach Bunny:** Tan Inside Out, carrots, lemons, ginger, frozen mango £7





# WELLNESS DRINKS

- **Red:** Beetroot, coconut water, raspberries £6
- **Yellow:** Ginger, lemons, orange, mango, milk, coconut £7
- **Orange:** Oranges, carrots, ginger, mango, turmeric, sea buckthorn, coconut water £7
- **Green:** Kale, spinach, celery, romaine, cucumber, apple, lemon, avocado, orange £7
- **Blue:** Blueberries, almond butter, cardamom, cinnamon, milk, banana £7
- **Purple:** Blackberries, vanilla, beetroot milk £6
- **Pink:** Strawberries, peanut butter, milk, vanilla £7





# HOT DRINKS

- **Coffee**

- Americano
- Espresso
- Latte

£4

£3

£4

- **Tea**

- Fresh Mint
- Breakfast Tea
- Specialist Teas

£3

- **Hot Chocolate:**

- Cream (spray) & marshmallows, cocoa dusting

£5

- **Wellness Shots:**

- Apple & Ginger
- Lemon, Ginger, Turmeric
- Ginger, Turmeric, Orange, Black Pepper
- Ginger, Pineapple, Apple Cider Vinegar

£4





# COLD DRINKS

- **Coke** £2
- **Diet Coke** £2
- **Sprite** £2
- **Fanta** £2
- **Still Water** £2
- **Sparkling Water** £2

# SMOOTHIES

- **Banana** £7
- **Strawberry** £7
- **Mango & Passion Fruit** £7
- **Immunity** £7

# ICE CREAM SHAKES

- **Strawberry** £6
- **Chocolate** £6
- **Oreo** £6
- **Banana** £6

