



BREAKFAST

Always includes freshly ground coffee, the best quality tea and some fruit.

Overnight Oats (v/ve/gf)

Oats soaked in your choice of milk/milk substitute, topped with yoghurt, honey/agave syrup, nuts, seeds and berries.

Allergens: **2,7,10**

Persian Eggs (Omlet-e Gojeh Farangi) (v/gf)

An Iranian breakfast staple of eggs cooked with tomatoes and mixed herbs, served with rocket, olives, lime and freshly made flatbread.

Allergens: **2,4,7**

Fried Egg and Avocado (v/gf)

2 fried eggs and smashed avocado, served on flatbread.

Allergens: **2,4,7**

Scrambled Tofu and Avocado (ve/gf)

A hearty helping of marinated tofu and smashed avocado, served on flatbread.

Allergens: **2,7**

Kippers and Eggs (gf)

An almost 200 year old British breakfast staple of omega 3 rich smoked herring served with scrambled eggs and a freshly made flatbread.

Allergens: **2,4,7**

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** These meals can be made to suit different dietary requirements within a group, both meat and vegetarian or gluten free and containing gluten, for example.

Allergens:

1, Celery - 2, Cereals containing gluten - 3, Crustaceans - 4, Eggs - 5, Fish - 6, Lupin - 7, Milk - 8, Molluscs - 9, Mustard, - 10, Nuts - 11, Peanuts - 12, Sesame seeds - 13, Soya - 15, Sulphur dioxide/sulphites



SNACKS

The bits to keep you going between meals

Homemade Trail Mix (ve/gf)

Mixed nuts, seeds, dried fruit and a bit of dark chocolate.

Allergens: **10**

Homemade Spiced Savoury Trail Mix (ve/gf)

Mixed nuts, seeds and chickpeas, coated in spices and baked to perfection.

Allergens: **10, 13**

Homemade Energy Balls (v/ve/gf)

Mixed nuts, seeds and desiccated coconut, combined with honey/agave syrup and nut butter or coconut oil

Allergens: **10**

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LUNCH

All lunches come with a portion of protein (chicken, halloumi, tofu, seitan) and freshly made flatbread (v/ve/gf 2, 7).

Couscous Salad** (v/ve/gf)

Fresh and zesty fruit and veg, plus quinoa, couscous and a crumble of feta cheese.

Allergens: **2,7**

Watermelon, Cucumber and Jalapeño salad** (v/gf)

Crisp, sweet and juicy, served on a bed of rocket with a sprig of mint and a crumble of feta.

Allergens: **2,4,7**

Super Salad** (ve/gf)

Marinated kale, mixed veg, crunchy almonds and zingy pomegranate seeds combined with a citrus dressing.

Allergens: **None**

Sweet Potato Salad** (v/ve/gf)

A healthier take on the classic potato salad where the mayo is replaced by a delicious mustard vinaigrette.

Allergens: **1**

Mediterranean Pasta Salad** (v/ve)

Cherry tomatoes, chickpeas and cucumber, tossed with herbs and nuts in a tangy vinaigrette.

Allergens: **7,9,10**

Black Bean, Chickpea and Avocado Salad** (ve/gf)

Beans, greens and fruit combined into a nutritious, protein loaded lunch.

Allergens: **None**

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DINNER

Dinner at Nine Yards is generally served out of a dutch oven on an open fire

Meatball/Non Meatball Tagine (ve)

Delicious homemade lamb or quinoa and black bean meatballs in a tangy North African sauce of preserved lemon and herbs, with saffron potatoes and freshly made flatbread on the side.

Allergens: **2,7**

Baked Rose Petal Lamb Chops with Chilli and Herbs

Marinated for 24 hours then baked, served with flatbread and Moroccan carrot salad.

Allergens: **2**

Butter Chicken /Tofu (Murgh/Tofu Makhani) (v/ve)

24 hour marinated chicken thighs or tofu, served in a rich, creamy tomato based sauce with either vegetable or plain rice and a flatbread on the side. Brown rice is available upon request.

Allergens: **2,7**

Lamb/Mushroom Achari (ve)

A sweet, sour and spicy dish from the Punjabi region of India made with mango chutney, lime pickle and Kashmiri chillies served with either vegetable or plain rice and a freshly made flatbread.

Allergens: **2,7**

Lasagne with Spinach and Apple Salad (v)

The Italian classic, a slow cooked Bolognese of either beef, pork and pancetta or tofu and mixed veg, 4 types of cheese, cooked in a dutch oven, served with freshly made garlic flatbread and salad. Whole wheat pasta is available upon request.

Allergens: **1,2,7,9**

Ox Cheek Ragù

Slow braised ox cheek, with tomatoes, onions, carrots, served with pappardelle pasta, parmesan and freshly made garlic flatbread. Whole wheat pasta is available upon request.

Allergens: **2,7**



Mixed Veg Ragù (v/ve)

Mixed vegetables and lentils cooked in a tomato sauce, served with pappardelle pasta, parmesan and freshly made garlic flatbread. Whole wheat pasta is available upon request.

Allergens: **2,7,10**

Pizza** (v/ve)

Create and cook your own 12" pizza in a wood fired oven on site, any topping you fancy, any sauce.

Allergens: **2,7**

Chilli (v/ve)

A TexMex staple of beef and pork mince plus chorizo or mixed veg, slow cooked in a tomato based sauce with peppers and beans. Comes topped with jalapenos, cheese and sour cream plus Mexican rice and tortilla chips on the side.

Allergens: **1,7**

Feijoada (v/ve)

The famous Brazilian national dish, made up of various cuts of pork or tofu, black beans and spices served with brown rice, orange wedges and steamed green.

Allergens: **1,13**

Schnitzel with German Potato Salad** (v/ve)

Flattened pork, chicken or thin cut celeriac, breaded and fried, served with a herby potato salad.

Allergens: **2,4,7**

Steak with Peppercorn Sauce, Cheesy Mustard Mash and Garlic Mushrooms

Your preferred cut, cooked to your liking, served with garlic-y greens and peppercorn sauce.


Allergens: **7,9**

BBQ** (v/ve)

Locally sourced, fresh ingredients cooked on a grill over hot coals. A very British camping experience.

The offering will vary from location to location, depending on what's fresh in the area but you can expect various marinated meats, sausages and homemade burgers or various marinated vegetables, Kerri Krawec's Smoky BBQ Black Bean Burgers and sausages both options accompanied by the likes of Ravinder Bhogal's Bonfire Bombay Sweet Potatoes, corn on the cob and salads.

Allergens: **2,3,4,5,7,9,10,13**



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