



HERA

LUNCH MENU

Monday - Friday, 11am-3:30pm
Excluding Bank Holiday and Match Days

13.90 per person

The HERA express lunch menu.
A two course meal.

FIRST COURSE

For the table, a choice of either

HUMMUS **V**

Chickpea purée with tahini and lemon

or

TZATZIKI **V**

Cucumber, mint, garlic & yoghurt

SECOND COURSE

HERB-FED CHICKEN

Boneless, grilled baby chicken, served with rice

CHICKEN PASTA

Penne with chicken, garlic, onions, mushroom and creamy sauce

SALMON PITTA

Poached salmon, pitta bread, capers, lemon, red onion, mascarpone cheese, lettuce with chips

SPINACH ORZO **V**

Traditional Greek orzo pasta with spinach, Greek lemon, shallots, garlic and a touch of wild Greek oregano

BEEF MEATBALLS

Beef meatballs with tzatziki, lettuce, red onion, tomato, pitta bread and chips

OREGANO BEEF PATTIES

Grilled beef patties - a unique Greek recipe. Served with chips.

GRILLED VEGETABLE PITTA **V**

Grilled Vegetable pitta bread with hummus, halloumi and chips

CHICKEN SOUVLAKI

Grilled chicken with pitta bread, onions, lettuce, tzatziki and chips

BOLOGNESE

Spaghetti with beef ragu bolognese sauce

ORZO SALAD **V**

Orzo with cherry tomatoes, chickpeas, olives, feta, red onion and Greek salad dressing

PASTA WITH PESTO

Penne pasta with basil pesto, cream and parmesan cheese

COD

Cod with cherry tomatoes, mussels and lemon sauce

A discretionary service charge of 12.5% will be added to your bill. Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. We cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens.