

# ROYAL QUARTER *natural* FOOD HALL

## BREAKFAST - LUNCH/DINNER - DESSERT - SUSHI MENUS

**PASTRIES**

	EAT IN	TO GO
BUTTER CROISSANT	2.35	1.95
PAIN AU CHOCOLAT	2.95	2.50
PAIN AUX RAISINS	3.25	2.75
CINNAMON SWIRL	3.25	2.75
BERRY DANISH	3.25	2.75
FRUIT DANISH	3.25	2.75
CHOCO BANANA DANISH		
ALMOND CROISSANT	3.50	2.95
ALMOND PAIN AU CHOCOLAT	3.50	2.95
ALMOND BERRY DANISH	3.50	2.95
SAVOURY PASTRY		
Spinach & Ricotta	4.95	3.95
Ham & Cheese	4.95	3.95
Hot Dog	5.50	4.50
Sausage Roll	5.50	4.50
Vegan Roll	4.00	3.00
CHEESE & TOMATO CROISSANT	3.95	3.50
HAM & CHEESE CROISSANT	4.75	3.95
ROYAL DOUGHNUTS Strawberry - Raspberry - Custard	2.95	2.50
HOMEMADE COOKIES		
Oats & Coconut (Anzac)	2.95	2.50
Lemon Crinkle	2.95	2.50
Matcha & White Chocolate	2.95	2.50
Red Velvet & Cranberry	2.95	2.50
Dark Chocolate Chip	2.50	1.95
Chocolate Chip	2.50	1.95

**ALL-DAY BREAKFAST**

	EAT IN	TO GO
TWO EGGS	6.50	5.50
Any way you like		
SCRAMBLED EGGS WITH SMOKED SALMON	10.95	9.95
with sourdough toast & butter		
VEGETARIAN BREAKFAST	9.95	8.95
Two poached eggs, spinach, pesto, mushroom, tomatoes		
EGGS FLORENTINE	9.95	8.95
with wilted spinach & hollandaise sauce		
EGGS BENEDICT	9.95	8.95
with cooked ham & hollandaise sauce		
EGGS ROYALE	11.95	10.95
with smoked salmon & hollandaise sauce		
ROYAL FULL ENGLISH BREAKFAST	11.95	10.95
Two eggs, sausage, bacon, mushroom, roasted tomato, baked beans, toast & butter		
FRENCH TOAST	7.95	6.95
with fresh berries, crème fraiche & fruit compote		
ORGANIC PORRIDGE	5.95	4.95
topped with berries & honey		
THE QUARTER GRANOLA	7.95	6.95
with Greek yoghurt & honey		
CHEESE TOASTIE	3.95	2.95
BREAD BASKET	2.95	1.95

**ROYAL SANDWICHES**

	EAT IN	TO GO
HAM & CHEESE	5.25	4.25
with Dijon mustard & mayo		
FETA & ROASTED VEGETABLES	5.50	4.50
Aubergine, courgette, peppers, red pesto & rocket		
TUNA TARTARE	5.50	4.50
Parsley, shallots, capers, gherkins, lemon & mayo		
TARRAGON CHICKEN	5.95	4.95
Rocket, Parmesan cheese & mayonnaise		
SATAY CHICKEN	5.95	4.95
Coconut peanut sauce, dill mayo, chilli, red onion		
BREADED CHICKEN	5.95	4.95
BBQ sauce, dill & sweet chilli mayo, mini gem lettuce		
BUFFALO MOZZARELLA	6.95	5.95
Avocado, sun-dried tomatoes & green pesto		
SMOKED SALMON BAGEL	6.95	5.95
with cream cheese		
SALT BEEF	7.50	6.50
with tartare sauce & pickled cucumber		

**EXTRAS**

Smoked Salmon	5.50
Bacon / Sausage / Ham / Egg	2.95
Hollandaise Sauce	2.95
Greek Yoghurt	2.50
Avocado	1.95

### ROYAL QUARTER LUNCH DEAL

Enjoy one of our handcrafted sandwiches with chips or mixed leaf salad for **£7.95**

(EAT-IN ONLY - MONDAY TO FRIDAY - 11.30AM - 3PM)



**12" SOURDOUGH PIZZA**

MARGHERITA	9.50
with mozzarella & basil	
BUFFALO MOZZARELLA MARGHERITA	11.50
with cherry tomatoes & basil	
MIX VEGETABLES	
Vegan (no cheese)	11.50
Veg (with cheese)	11.95
Mixed peppers, aubergine, zucchini & cherry tomatoes	
FOUR CHEESE	11.95
Mozzarella, Parmesan cheddar & blue cheese	
MORTADELLA & PISTACHIO	13.50
with pesto, mozzarella	

**PARMA HAM & ROCKET 13.95**  
with Buffalo mozzarella & Parmesan shavings

**EXTRAS 2.95**  
Ham / Mortadella / Sausage / Salami / Chicken Mozzarella / Mushrooms

BUFFALO MOZZARELLA, HAM & ARTICHOKE	12.95
with basil & garlic oil	
BBQ CHICKEN	12.95
with mozzarella cheese & peppers	
CAPRICCIOSA	13.95
with ham, artichoke, mushroom & olives	
GOAT CHEESE FLORENTINE	13.95
with mozzarella, spinach, egg & caramelised onion	
VENTRICINA SALAMI	13.95
Ventricina spicy salami & olives	



**SMALL BITES**

VEGETABLE GYOZA	6.50
with soya dipping sauce	
CHICKEN GYOZA	7.50
with soya dipping sauce	
BREADED HALLOUMI CHEESE	7.95
with homemade sweet chilli sauce	
SOUP OF THE DAY	6.50
Served with crostini	
FALAFEL	5.50
with tahini dipping sauce	
LENTILS	4.95
with onion, ginger, garlic, thyme & Garam Masala	
HUMMUS	4.50
with chickpeas & tahini sauce. Served with artisan pitta bread	
MIXED OLIVES	3.95
Mixed green Saporì olives	

**HOT WRAPS**

FALAFEL	7.95
Pickled cucumber, lettuce tomato, tahini & hummus	
HALLOUMI	9.50
Green salad, sweet chilli sauce, homemade hummus	
LAMB SHAWARMA	10.95
Slow roast lamb shoulder, mixed leaves, tomato, pickled cucumber & tahini	

**PASTA**

BEEF LASAGNE	9.95
Beef ragu, mozzarella	
VEGGIE PARMIGIANA	8.95
with aubergine & cheese	
SPINACH RICOTTA CANNELLONI	8.95
Tomato sauce, ricotta, spinach	

**ROYAL SALADS**

	EAT IN	TO GO
WARM SPICY BBQ CHICKEN	9.95	8.95
Mixed leaf salad, leek & spicy sesame dressing		
AVOCADO	8.50	5.50
with mixed leaves, red onion, cherry tomatoes & olive oil		
SMOKED CHICKEN	8.50	5.50
with mixed leaves, cashews mango, cherry tomatoes, & balsamic honey dressing		
CAESAR	8.50	5.50
Roast chicken, mini gem lettuce, Parmesan cheese, anchovies, croutons		
GREEK	8.50	5.50
Cucumber, feta cheese, olives, cherry tomatoes, red onion, oregano		

**MAIN BITES**

CHICKEN TERIYAKI	10.95
with roasted vegetables & rice	
CHICKEN KATSU CURRY	10.95
Breaded chicken, potatoes & carrots. Served with rice	
VEG KATSU CURRY	9.95
Breaded aubergine, potatoes & carrots. Served with rice	
VEGAN TAGINE	7.95
Butternut squash, sweet potatoes, carrots, chickpeas & spices. Served with couscous	
SALMON TERIYAKI FILLET	14.95
Baked salmon fillet coated in an Asian soya glaze. Served with roasted vegetables & rice	
FISH & CHIPS	12.95
Battered cod, with chips, mushy peas & tartare sauce	
BREADED CHICKEN & CHIPS	7.95
Chicken fillets in crispy crust with chips & spicy mayo	
COD GOUJONS & CHIPS	8.95
Crispy sliced strips of cod, with chips & tartare sauce	
CHICKEN CURRY	9.95
with caramelised onions. Served with basmati rice	

**ROYAL BURGERS**

BEEF BURGER	12.95
8 oz perfectly-cooked homemade lean British beef burger. Served on artisan sesame bun with a side order of chips	
FISH BURGER	12.95
Crispy cod goujons with tangy homemade tartare sauce. Served on artisan sesame bun with a side order of chips	
CHICKEN BURGER	9.95
Juicy chicken thigh marinated in a zesty Asian flavour sauce. Served on artisan sesame bun with coleslaw, chilli mayo & a side order of chips	
Add Cheese / Bacon	1.50

**SIDES**

SWEET POTATO CHIPS	4.95
POTATO CHIPS	3.95
MIXED LEAF SALAD	3.95
COUSCOUS	3.50
BASMATI RICE	3.50

**DESSERTS**

	EAT IN	TO GO
FRUIT OF THE FOREST CHEESECAKE	5.50	4.50
MASCARPONE CHEESECAKE	4.50	3.50
RASPBERRY & CHOCO MOUSSE	5.50	4.50
PASSION FRUIT & LIME MOUSSE	5.50	4.50
CHOCOLATE PRALINE MOUSSE	5.50	4.50
CHOCOLATE FUDGE CAKE	5.50	4.50
HONEY & SAFFRON LAYERED CAKE	4.95	3.95
FRUIT ALMOND TART	4.95	3.95
LEMON MERINGUE TART	4.75	3.75
COCONUT FLAN	4.75	3.75
DARK CHOCOLATE BROWNIE	4.50	3.50
RED VELVET CAKE	4.50	3.50
CARROT CAKE	4.50	3.50
MANGO & PASSION FRUIT CAKE	4.50	3.50
BREAD & BUTTER PUDDING	3.95	2.95



## ROYAL *sushi*

**APPETISERS**

SEA SALT EDAMAME	3.75
SPICY EDAMAME	4.25
MISO SOUP	4.50
with spring onions & sea salt	
SEAWEED SALAD	6.00
Freshly tossed seaweed with wasabi & soya dressing	

**TEMAKI - 1Pc**

SALMON AVOCADO	4.50
SPICY TUNA	6.00
SPICY SALMON	5.50
UNAGI CUCUMBER	6.50
AVOCADO	4.50
CUCUMBER & AVOCADO	4.50

**NIGIRI - 2Pcs**

SALMON	4.50
TUNA	5.75
YELLOWTAIL	6.00
SEABASS	4.25
FRESH WATER EEL	6.00
PRAWN	4.25
INARI	4.00

**ABURI NIGIRI - 2Pcs**

SALMON (SAKE)	5.00
Wasabi mayo & tobiko	
TUNA (MAGURO)	6.00
with spicy miso sauce	
SEABASS (SUZUKI)	5.00
Wasabi mayo & tobiko	
YELLOWTAIL (HAMACHI)	6.50
with kizami wasabi	

**SASHIMI - 5Pcs**

SALMON	8.00
TUNA	13.00
SEABASS	6.50
YELLOWTAIL	13.00
UNAGI	12.50
EBI COOKED PRAWN	7.00

**HOSOMAKI - 6Pcs**

SALMON	5.25
TUNA	5.50
SPICY SALMON	5.50
SPICY TUNA	6.00
AVOCADO	4.50
CUCUMBER	4.50
KANPYO	4.00

**FUTOMAKI - 6Pcs**

MIXED SEAFOOD	9.50
Salmon, tuna, yellowtail, prawn, tobiko, moooli skin	
SPIDER	10.00
Fried softshell crab, tobiko, cucumber, moooli skin, sweet chilli mayo	
SALMON CRAB	8.00
Salmon, crab, avocado, tobiko, wasabi mayo	
VOLCANO (DEEP FRIED)	9.50
Salmon, white fish, prawn, crab, avocado, tobiko, spicy mayo, balsamic glaze	

**TATAKI - 7Pcs**

YELLOWFIN TUNA	12.00
YELLOWTAIL KIZAMI	12.00
SALMON	9.50

**URAMAKI - 8Pcs**

SALMON AVOCADO	7.50
with wasabi mayo	
CALIFORNIA	8.00
Crab, avocado, cucumber, Japanese mayo, tobiko	
PRAWN TEMPURA	8.50
Avocado, spicy mayo, white sesame seeds	
SPICY SALMON	8.00
Spicy mayo, spring onion, avocado, sesame seeds	
SPICY TUNA	8.50
Spicy mayo, spring onion, avocado, sesame seeds	
UNAGI (EEL)	9.00
Cucumber, sesame seeds	
CUCUMBER AVOCADO	6.50
with white sesame seeds	
VEGAN	7.00
Avocado, cucumber, kanpyo, inari, sweet potato puree	

**ROYAL SPECIALS - 8Pcs**

RAINBOW	13.00
Avocado, cucumber, crab, salmon, tuna, yellowtail, prawn	
CRISPY SEARED TUNA	13.00
Salmon, asparagus, tuna, crème wasabi mayo	
NEO TOKYO	12.50
Spicy tuna, tempura flakes, fresh tuna, spicy mayo	
SPICY MANGO	15.00
Crab, prawn tempura, avocado, pickled veggies, sweet chilli sauce	
UNAGI DRAGON	13.00
Cucumber, avocado, tobiko	
PRAWN TEMPURA DRAGON	11.00
Prawn katsu, tobiko crispy shallots, unagi sauce	
SALMON & CREAM CHEESE	13.00
Wrapped with salmon nigiri	



**BOXES & PLATTERS**

PREMIUM SALMON BOX	12.95
2Pcs Nigiri, 2Pcs Salmon 6Pcs Alaska Avocado Roll	
SALMON BOX	10.00
2Pcs Nigiri, 2Pcs Sashimi 6Pcs Hosomaki	
TUNA BOX	10.00
2Pcs Nigiri, 2Pcs Sashimi, 6Pcs Hosomaki	
VEGGIE BOX	9.00
2Pcs Inari Nigiri, 8Pcs Vegan Roll	

**MIX SUSHI PLATTER**

10Pcs Salmon Nigiri	48.00
6Pcs Salmon Hosomaki	
8Pcs California Uramaki	
8Pcs Salmon Avocado Roll	
8Pcs Vegan Roll	
ROYAL SUSHI PLATTER	80.00
16Pcs Rainbow Roll, 8Pcs Spicy Tuna Uramaki, 8Pcs Salmon Uramaki, 3Pcs Tuna Nigiri, 3Pcs Salmon Nigiri, 3Pcs Seabass Nigiri, 4Pcs Tuna Sashimi, 4Pcs Salmon Sashimi, 4Pcs Yellowtail Sashimi, 8Pcs Vegan Uramaki	

**POKE BOWLS**

SALMON	12.95
Marinated salmon served over seasoned sushi rice, avocado, pickled veggies, edamame beans & sweet chilli sauce	
CHICKEN	10.95
Breaded chicken served over seasoned sushi rice, avocado, pickled veggies, edamame beans & sweet chilli sauce	
VEGAN	9.95
Sushi rice seasoned in tomato salsa, pickled vegetables, avocado, edamame beans, fried onions, chickpeas & kidney beans	

Please scan the code to see our tasty menus and to place your order



OPENING TIMES  
Mon-Fri: 7.30am - 10pm • Sat-Sun: 8am - 10pm

ONLINE DELIVERIES  
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