

What's on at EC² this October?

WEEKLY, EVERY MONDAY

It's Gut'ober



THIS OCTOBER LOOK OUT FOR OUR NEW **GOOD FOR YOUR GUT DISHES** ON OUR MENUS!
Dishes full of fibre to nourish the beneficial bacteria in your gut + support digestion!

BOROUGH COUNTER, 11.45AM-2.15PM

WC MONDAY 5 OCTOBER

IT'S NATIONAL **CURRY WEEK**



JOIN US THIS WEEK TO ENJOY SOME OF OUR NATION'S FAVOURITE CURRIES!
Think authentic Thai Massaman, Malaysian Rendang + Noor's Punjabi Tarka!

EC² RESTAURANT, 11.45AM-2.15PM

WEDNESDAY 21 OCTOBER

'AN APPLE A DAY...'



FOR NATIONAL APPLE DAY, JOIN US TO SAMPLE A VARIETY OF SEASONAL KENTISH APPLES
Purchase a bag of apples to take home + don't miss our delicious apple pie dessert!

EC² RESTAURANT, 11.45AM-2.15PM

THURSDAY 22 OCTOBER

Black History Month | **HEAD CHEF JEROME DAVIDSON**

B:M2026
DIG DEEPER, LOOK CLOSER, THINK BIGGER

Celebrating Black History Month with what we do best - great food, freshly made!
JOIN US FOR CHEF JEROME'S JAMAICAN JERK CHICKEN, CURRY GOAT, RICE N' PEAS + PLANTAIN

GRILL BAR, 11.45AM-2.15PM

WEDNESDAY 28 OCTOBER

TRICK OR TREAT...



GHOULISH GOODIES & TERRIFYING TREATS HAND-CRAFTED BY LUIGI!
And, join us for a Halloween-themed lunch with some spooky surprises...

HEJ FROM 11AM, EC² RESTAURANT, 11.45AM-2.15PM

SCAN THE QR CODE TO VIEW WEEKLY MENUS, AND
FOLLOW US ON INSTAGRAM FOR FOODIE UPDATES!



What's on at AFC this October?

WEEKLY, EVERY TUESDAY

It's Gut'ober

GOOD
FOR
YOUR
GUT

WAYS
TO
WELL

THIS OCTOBER LOOK OUT FOR OUR NEW **GOOD FOR YOUR GUT DISHES** ON OUR MENUS!
Dishes full of fibre to nourish the beneficial bacteria in your gut + support digestion!

📍 AFC RESTAURANT, 12PM-2PM

WEDNESDAY 7 OCTOBER

Black History Month 2026

B:M2026

DIG DEEPER, LOOK CLOSER, THINK BIGGER

Celebrating Black History Month with what we do best - great food, made fresh!
JOIN US FOR JERK SPICED CHICKEN OR LIME + CHILLI GRILLED FISH, JOLLOF RICE + PLANTAIN

📍 AFC RESTAURANT, 12PM-2PM

THURSDAY 8 OCTOBER

IT'S NATIONAL **CURRY WEEK**



THIS WEEK WE'RE SERVING ONE OF OUR NATION'S FAVOURITE CURRIES!

Join us for our North Indian curry take over and build your own thali platter!

📍 AFC RESTAURANT, 12PM-2PM

WEDNESDAY 21 OCTOBER

'AN APPLE A DAY...'



IT'S NATIONAL APPLE DAY, SO LET'S CELEBRATE A HUMBLE BRITISH STAPLE!

Grab yourself a seasonal apple from Kent and don't miss Ryan's apple + cinnamon pies!

📍 RYAN'S BAKERY, 1.30PM-4PM

WEDNESDAY 28 OCTOBER

TRICK OR TREAT...



WATCH OUT FOR GHOULISH GOODIES & TERRIFYING TREATS AT RYAN'S BAKERY
And, join us for a Halloween-themed lunch with some spooky surprises...

📍 AFC RESTAURANT, 12PM-2PM | RYAN'S BAKERY FROM 1.30PM

SCAN THE QR CODE TO VIEW WEEKLY MENUS, AND
FOLLOW US ON INSTAGRAM FOR FOODIE UPDATES!



What's on at Bromley this October?

WEEKLY, EVERY MONDAY

It's Gut'ober



THIS OCTOBER LOOK OUT FOR OUR NEW **GOOD FOR YOUR GUT DISHES** ON OUR MENUS!
Dishes full of fibre to nourish the beneficial bacteria in your gut + support digestion!

 BROMLEY RESTAURANT, 11.45AM-2PM

WC MONDAY 5 OCTOBER

IT'S NATIONAL **CURRY WEEK**



JOIN US THIS WEEK TO ENJOY SOME OF OUR NATION'S FAVOURITE CURRIES!
From Thailand to Pakistan - we'll be serving authentic dishes, layered with spice!

 BROMLEY RESTAURANT, 11.45AM-2PM

WEDNESDAY 21 OCTOBER

'AN APPLE A DAY...'



IT'S NATIONAL APPLE DAY, SO LET'S CELEBRATE A HUMBLE BRITISH STAPLE!
Grab yourself a seasonal apple from Kent and don't miss our apple cake & custard!

 BROMLEY RESTAURANT, 11.45AM-2PM

TUESDAY 27 OCTOBER

Black History Month 2026



To celebrate Black History Month we'd love to hear your favourite African meals...
SCAN THE QR CODE BELOW TO EMAIL US YOUR SUGGESTED AFRICAN-THEMED DISH!

 BROMLEY RESTAURANT, 11.45AM-2PM

WEDNESDAY 28 OCTOBER

TRICK OR TREAT...



JOIN US AT BLEND 53 FOR DELICIOUS DRINKS & TERRIFYING TREATS!
And don't miss our Halloween-themed lunch of spooky surprises...

 BLEND 53 / BROMLEY RESTAURANT, 11.45AM-2PM

SCAN THE QR CODE TO ENTER THE DISH YOU'D LIKE
TO SEE ON MENUS THIS BLACK HISTORY MONTH!

