

What's on at EC² this September?

FRIDAY 4 SEPTEMBER

BREAKFAST **BACON PARATHA!**



It's International Bacon Day, so let's celebrate this breakfast staple with a twist!
Freshly baked paratha, smoked maple bacon, bacon chilli jam, turmeric yoghurt!

📍 BOROUGH COUNTER, FROM 8AM

TUESDAY 15 SEPTEMBER

It's **Sourdough September**



Seven Seeded

SAMPLE SLOW-FERMENTED SOURDOUGH & SCHIACCIATA FROM **SEVEN SEEDED BAKERY!**

Enjoy a Mediterranean-style sandwich lunch and grab a loaf of bread to take home!

📍 BOROUGH COUNTER, 11.45AM-2.15PM

WEDNESDAY 23 SEPTEMBER

GUEST CHEF IAN HUMAN, RA Goup Chef



SOUTH AFRICAN MENU OF HERDWICK LAMB OR KING OYSTER MUSHROOM SOSATIES

Josper charred corn & cheddar braai bread and red cabbage, apple & green chilli atchar

📍 GRILL BAR, 11.45AM-2.15PM

THURSDAY 24 SEPTEMBER

Sampling with **HARVEY & BROCKLESS**

HARVEY &
BROCKLESS



TRY A RANGE OF FARMHOUSE CHEESES, CURED MEAT, FRUIT CONSERVES & CRACKER BREAD

Choose from a range of artisanal ingredients to purchase and take home to enjoy!

📍 EC² RESTAURANT, FROM 11.30AM

NEW THIS SEPTEMBER

NEW Iced drinks



Why not enjoy your choice of drink over ice? Deliciously moreish & refreshing!

Did you know? Plant milk has half the environmental impact of dairy milk*

📍 HEJ & CARAVAN COFFEE

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



What's on at AFC this September?

DAILY THIS SEPTEMBER

Build a **BALANCED BREAKFAST**



START YOUR DAY WELL + BUILD A BALANCED BREAKFAST!

High fibre wholegrains, protein packed nuts, seeds + a choice of fresh + dried fruit



AFC RESTAURANT, BREAKFAST 8AM-10AM

DAILY THIS SEPTEMBER

It's **Sourdough September**



Our sourdough is freshly baked in-house - why not pick up a loaf to take home?

Join us for a breakfast special of SHAKSHUKA & SOURDOUGH every morning this Sept!



BREAKFAST FROM 8AM + RYAN'S BAKERY FROM 1.30PM, DAILY

TUESDAY 29 SEPTEMBER

Celebrating **BRITISH FOOD FORTNIGHT**



JOIN US TO ENJOY **THE BEST OF BRITISH** WITH HEARTY & WHOLESOME CLASSICS!

British beef cottage pie with seasonal vegetables and a classic jam roly poly & custard!



AFC RESTAURANT, 12-2PM

WEDNESDAY 30 SEPTEMBER

GUEST CHEF GARY WOLFE, Exec Chef



BUTTERMILK FRIED CHICKEN *or* **URFA CHILLI & LIME ROASTED SQUASH**

Calabrian hot honey, house ranch sauce, sesame pickled cucumber and Koffmann fries!



AFC RESTAURANT, 12-2PM

DAILY THIS SEPTEMBER

Starbucks Iced Drinks



ENJOY AN ICED MATCHA LATTE *and why not try it with oat milk?*

Did you know? Plant milk has half the environmental impact of dairy milk*



STARBUCKS COFFEE

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What's on at Bromley this September?

DAILY THIS SEPTEMBER

Build a **BALANCED BREAKFAST**



START YOUR DAY WELL + BUILD A BALANCED BREAKFAST!

High fibre wholegrains, protein packed nuts, seeds + a choice of fresh + dried fruit



BROMLEY RESTAURANT, BREAKFAST 8AM-10AM

DAILY THIS SEPTEMBER

It's **Sourdough September**



Why not try our sourdough toastie special with parma ham, pesto and avocado

OUR ARTISAN SOURDOUGH IS DELIVERED FRESH FROM **PAUL RHODES BAKERY!**



BROMLEY RESTAURANT, 11.45AM-2PM

MONDAY 28 SEPTEMBER

It's **INTERNATIONAL POKE BOWL DAY!**



Teriyaki trout or tofu with grains, vegetables, edamame beans, seeds & dressing

OMEGA-RICH, PROTEIN PACKED, HIGH IN FIBRE - A DELICIOUS + NOURISHING START TO THE WEEK!



BROMLEY RESTAURANT, 11.45AM-2PM

WEDNESDAY 30 SEPTEMBER

Celebrating **BRITISH FOOD FORTNIGHT**



JOIN US TO ENJOY **THE BEST OF BRITISH** WITH HEARTY & WHOLESOME CLASSICS!

Think roast pork belly & fennel slaw, spring onion frittata, goats cheese & beetroot salad



BROMLEY RESTAURANT, 11.45AM-2PM

DAILY THIS SEPTEMBER

Beat the Barista



Join us to play ROCK PAPER SCISSORS at Blend 53, daily from 10am-12pm

BEAT THE BARISTA AND ENJOY A HALF PRICE HOT DRINK!



BLEND 53 COFFEE, FROM 10AM-12PM

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What's on at Central Park this September?

TUESDAY 1 SEPTEMBER

REFRUIT DRINKS SAMPLING



JOIN US FOR **FREE SAMPLES** FROM REFRUIT DRINKS!

Real fruit drinks made with purpose!

 CENTRAL PARK RESTAURANT, FROM 11AM

EVERY MONDAY

Join us for **BREAKFAST PANCAKES!**



START YOUR WEEK WITH AMERICAN STYLE PANCAKES

Enjoy a choice of delicious toppings, including autumnal berries!

 CENTRAL PARK RESTAURANT, FROM 8AM

EVERY WEDNESDAY

Makan Malaysian!



Join us for authentic Malaysian cuisine every Wednesday this month

THINK FRAGRANT AND AROMATIC CURRY DISHES WITH BOLD SPICES AND FLAVOURS

 CENTRAL PARK RESTAURANT, FROM 12PM

EVERY FRIDAY

TREAT YOURSELF *it's Friday!*



Try our **OVERLOAD FRIES**... with more toppings and more flavour!

FROM KOREAN KIMCHI FRIES, CRISPY CHICKEN SPICED FRIES TO PORK CARNITAS TACO FRIES!

 CENTRAL PARK RESTAURANT, FROM 12PM

DAILY THIS SEPTEMBER

Beat the Barista



Join us to play ROCK PAPER SCISSORS at Blend 53, daily from 10am-12pm

BEAT THE BARISTA AND ENJOY A HALF PRICE HOT DRINK!

 LAVAZZA COFFEE, FROM 3-4PM

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

