

**WAYS
TO BE
WELL**

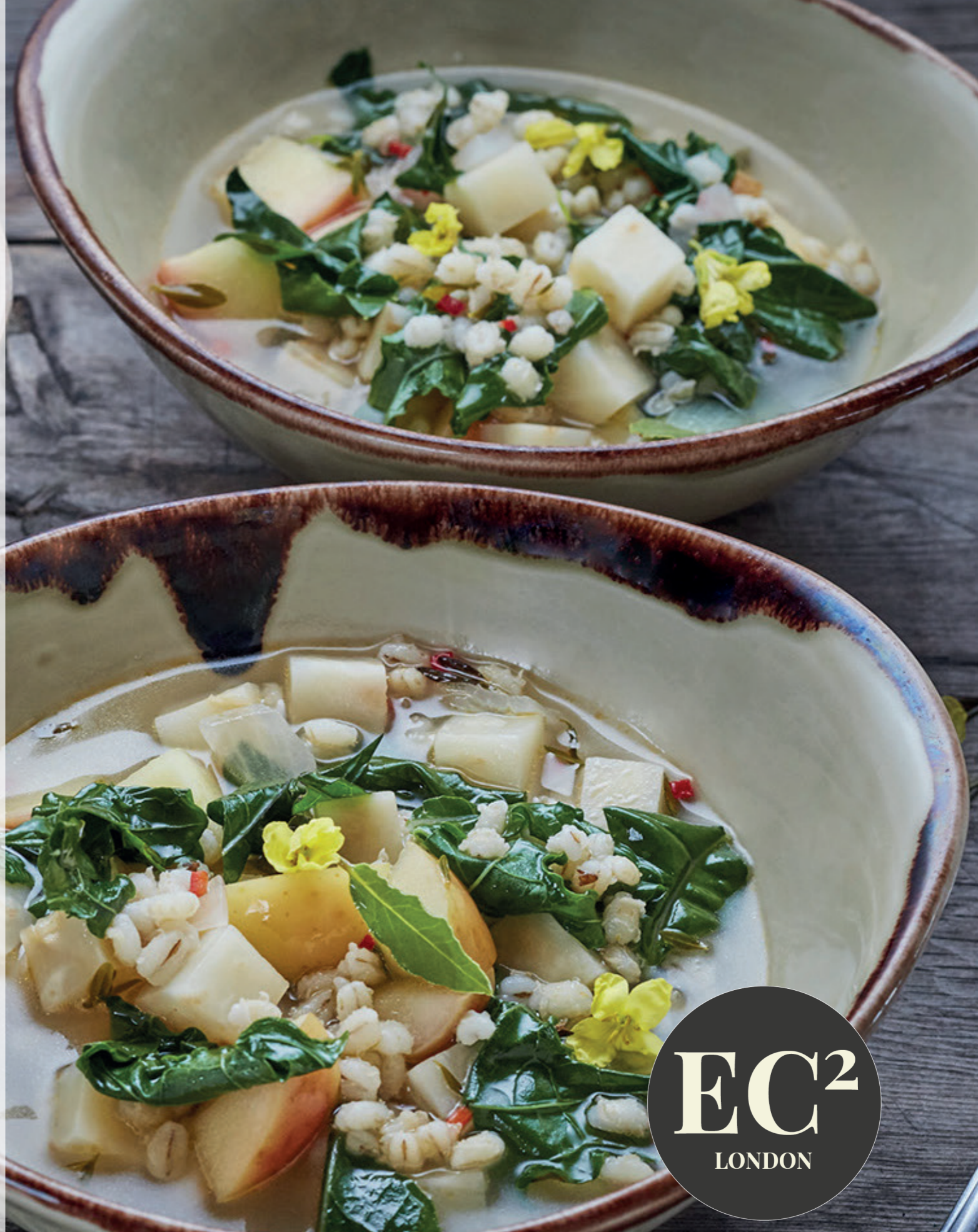
Hugh Fearnley-Whittingstall's
RIVER COTTAGE
www.waystobewell.co.uk

A holistic health & wellbeing programme

Nutritionally designed in partnership with Hugh Fearnley-Whittingstall's River Cottage

Offering a range of seasonal menus with sustainably sourced ingredients and plant forward dishes

Dishes available weekly, Mon - Thu



Scroll down to see **WEEKLY MENU**
Follow us on instagram @ecsquaredfood





Lunch Menu

W/C Monday 29th March

Breakfast | 7.30-10am

Lunch | 11.45am-2.15pm

Evening service temporarily closed

All meals & hot beverages are currently FREE OF CHARGE

BOROUGH

Schnitzel


M - W

- Panko breaded chicken
- Panko breaded tofu (v)
- with a creamy porcini mushroom sauce
- Add a choice of sides:
- Potato salad | Skin on fries
- Sauerkraut | Mixed salad

Miso Broth

Th

- Miso broth with a choice of udon or rice noodles, diced vegetables & topped with

- Crispy pollock
- Marinated chicken
- Tofu 

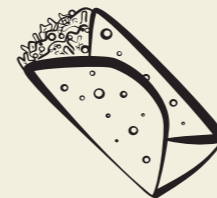


GRILL

Kebabs

M - W


- Barbekude (Rose harissa and lemon chicken)
- Roasted Squash and Halloumi (v)



Burgers



Th

- Cheese Beef patty, cheese & mayo
- Bacon cheese Beef patty, bacon jam, cheese, garlic aioli
- B12 Burger™ Vegan patty, cos, tomato, red onion 

Starbucks + illy | 7am-5pm
HEJ | Temporarily closed

LEADENHALL

WAYS TO BE WELL

Hugh Fearnley-Whittingstall's RIVER COTTAGE


M - Th

A holistic, health & wellbeing programme

- A nutritious, biodiverse & seasonal rotation of delicious salads & soups

Good Friday Menu

Track 1

- Garlic & rosemary roast leg of lamb, or
- Chilli spiced tomato penne, with broccoli, porcini mushroom & vegan halloumi 
- Available on Track 1

Click & collect coffee, lunch & snacks at Bank of America with Feedr!



Click & Collect

1. Open chrome on your desktop
2. Visit www.feedr.co/bofa
3. Register with your personal email

Staying COVID-19 Secure in 2020

We confirm we have complied with the government's guidance on managing the risk of COVID-19

FIVE STEPS TO SAFER WORKING TOGETHER

- ✓ We have carried out a **COVID-19 risk assessment** and shared the results with the people who work here
- ✓ We have **cleaning, handwashing and hygiene procedures** in line with guidance
- ✓ We have taken all reasonable steps to help people work from home
- ✓ We have taken all reasonable steps to maintain a **2m distance** in the workplace
- ✓ Where people cannot be 2m apart, we have done everything practical to manage transmission risk

Employer *Ribon* Date *1st May 2020*

Who to contact: *Nalini.biekram@bda.com*
(or the Health and Safety Executive at www.hse.gov.uk or 0300 003 1647)