



Market Kitchen Menu



Food allergy or intolerance?

We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more. MK EVENING ITALY DELI 2024

Adults need around 2,000kcal per day

STARTERS

Chargrilled vegetable filo tart V Ve

Parsley dressing, herb emulsion.
370kcal

Terrine made with British chicken & ham hock

Tomato chutney, salad of pickled vegetables.
190kcal

Bloody Mary crumpet

Prawns, beetroot cured sea trout, cottage cheese and dill.
359kcal

Garlic mushrooms V

Creamy sauce, parsley oil, hot mustard rarebit crouton.
424kcal

Red pepper & tomato soup V

Pesto, crispy basil leaf, warm onion loaf.
355kcal

Pea & ham soup

Peas, crispy bacon, Parmesan & warm onion loaf.
328kcal

THE DELI

Step up to the deli buffet for a vibrant haven of delights. Explore an array of colourful salads, cold meats & fish, freshly baked breads & freshly prepared quiches, crafted with care.

MAINS

ROAST

Slow cooked pulled lamb shoulder

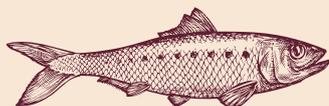
251kcal

Roasted chicken

308kcal

Cranberry, apricot & sourdough V 91kcal, mint sauce V Ve 23kcal

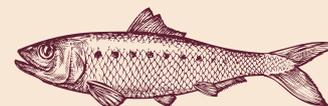
Help yourself to today's selection of vegetables and potatoes.



CATCH OF THE DAY

Buttered potatoes, seasonal vegetables and white wine cream sauce.

Please ask your server for further details.



TASTES OF ITALY

Rustic minced pork sausage & fennel ragu with pasta

386kcal

Garlic polenta V Ve

539kcal

Roasted vegetables in spiced arrabiata sauce V Ve

70kcal

Marinated olives V Ve

84kcal

Lasagne al forno

354kcal

Garlic bread V

61kcal

Pan fried seabass & caponata

377kcal

Grated Italian-style hard cheese V

78kcal

Scan our QR code to see the calorie information of our accompaniments.