



Vegilite Menu

Nibbles to start with....

Sweet Potato falafels (Hot / Cold) Ve
Vegetable Pakoras (Hot / Cold) Ve
Pea Feta Herb Frittata (Cold) Ve / V
Cheese salad sandwich (Cold) Ve/ Ve
Idli Sandwich (Cold) V
Spinach feta Puff pastry pinwheels (Cold) Ve / V

Main Course

Roasted Potato and cauliflower wraps (Cold) Ve
Onion Bhaji wraps (Cold) Ve
Sweet Potato falafel wraps (Cold) Ve
Sweet potato pinto beans quesadillas (Cold / Hot) Ve
Bombay Sandwich (cold / Hot) V
Pesto sandwich (Cold) Ve / V

Desserts

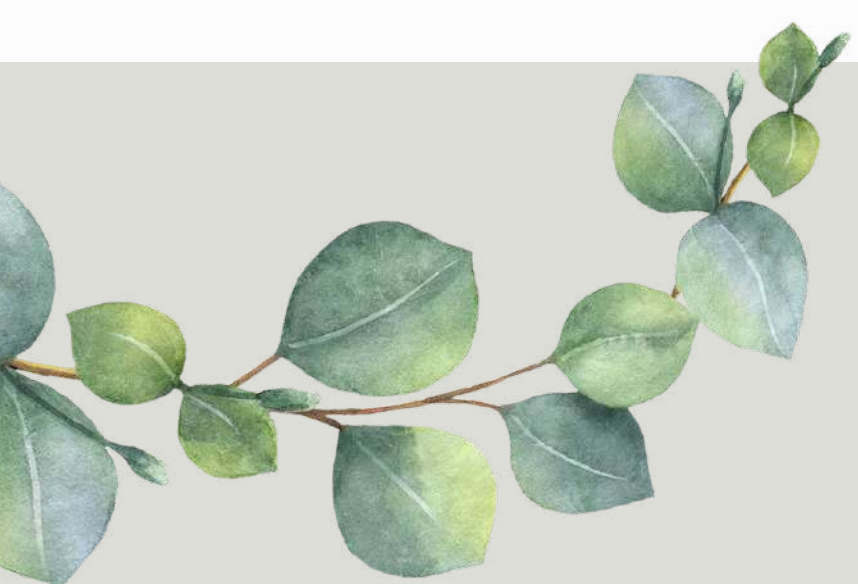
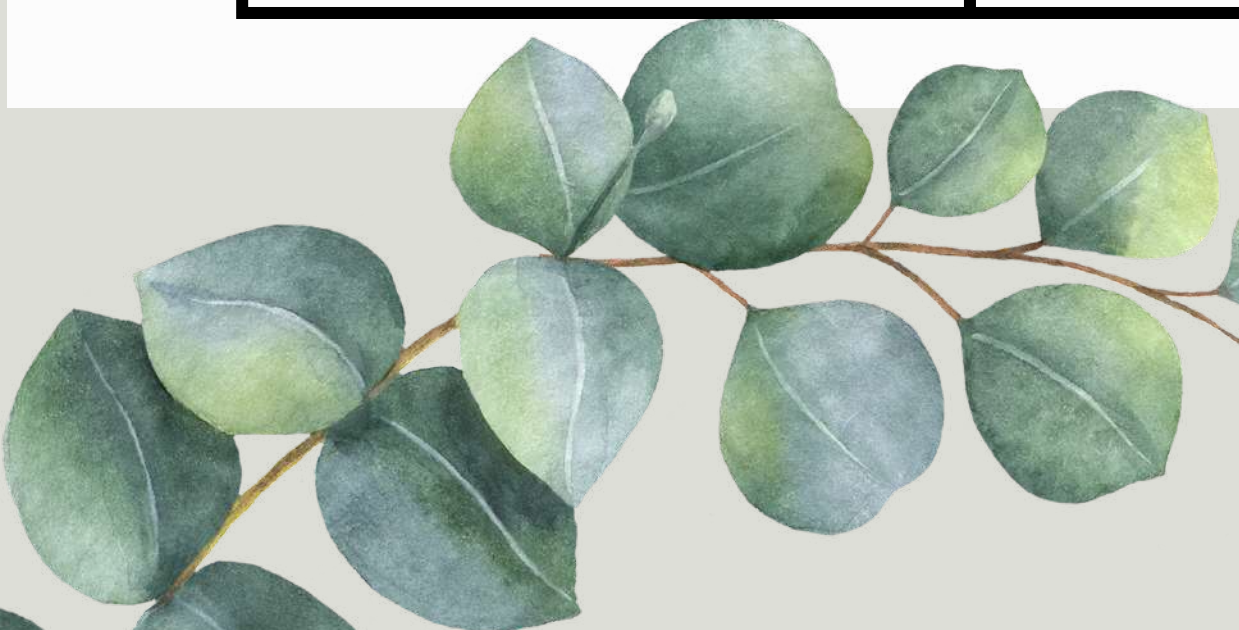
Pineapple upside down cake
Carrot cake
Flapjacks
Coconut ladoos

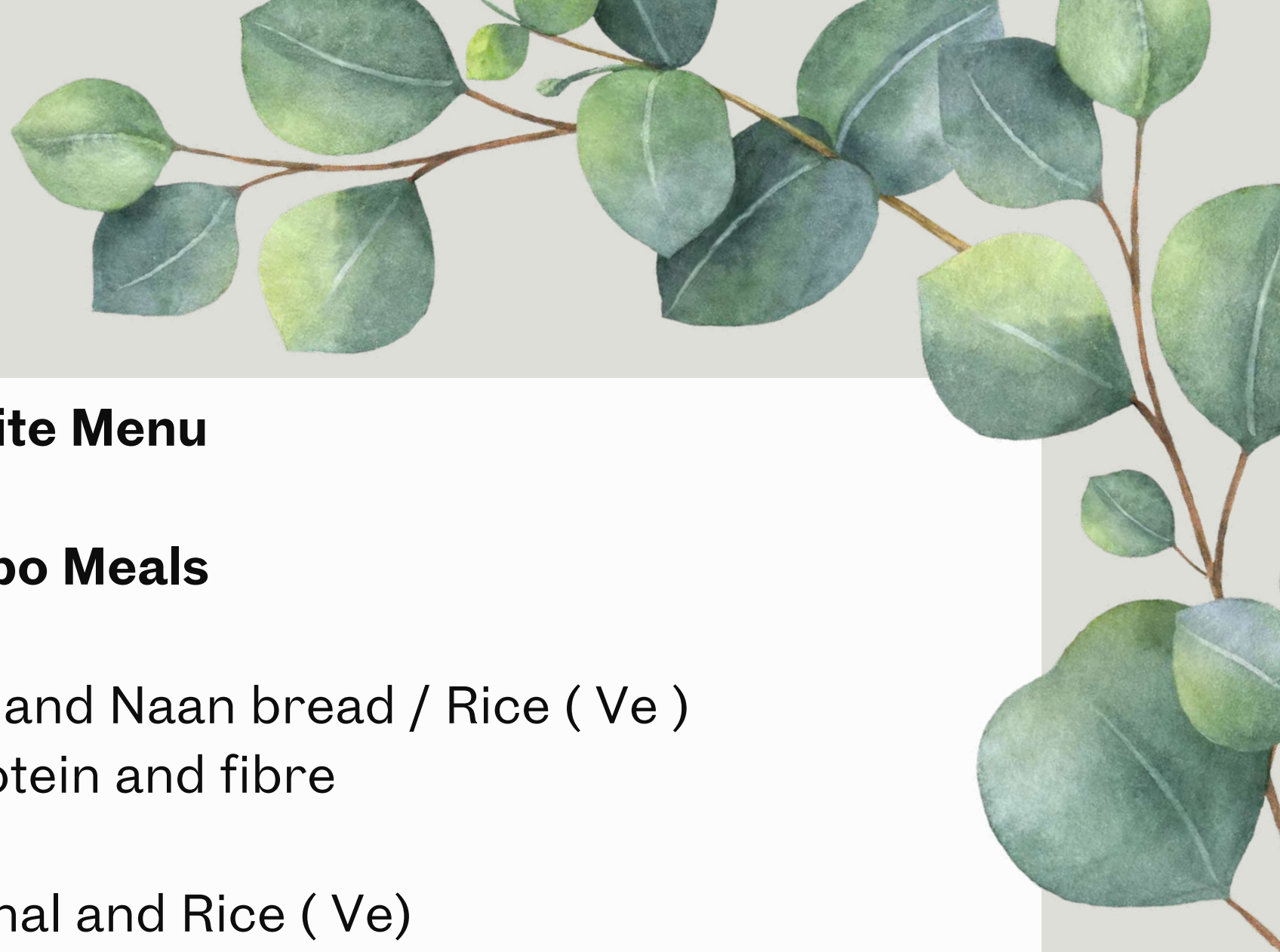
Soups

Cucumber with Quinoa (Cold) V , Ve
Mango Soup (Cold) V , Ve
Tomato Soup (Cold) V , Ve
Tomato Apple Basil (Hot) V , Ve
Minestrone Soup (Hot) V , Ve
Lentil Leek (Hot) V , Ve

We offer three different packages to suit your needs...

Bronze £14.99	Silver £19.99	Gold £29.99
One starter One mains One soup (any cold or hot) One dessert	Two starters Two mains One soup (any cold or hot) One dessert	Three starters Two mains Two soups (hot and cold) One dessert





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Combo Meals

Aromatic Chickpea curry and Naan bread / Rice (Ve)
High in protein and fibre

Red Hearty Dhal and Rice (Ve)
High in protein and fibre

Sweet Potato Cauliflower Curry and Rice (Ve)
source of potassium and calcium

Chickpea Spinach Curry and Rice (ve)
source of iron

Combo meal includes complimentary small portion of salad

Lunch Boxes

Sandwich (Ve/Veg) + bag of crisp + small fruit box
(Select one Cheese salad sandwich , Bombay Sandwich or Pesto Sandwich)

Wrap(Ve/Veg) + bag of crisp + small fruit box
(Select one Sweet potato falafel , Onion Bhaji , roasted cauliflower and potato)

Please choose either a combo meal or a sandwich box @ £9.99 per box

V (Vegetarian) Ve (suitable for vegans)

All our food is prepared in a kitchen where nuts, gluten and other known allergens may be present. Please note we take caution to prevent cross-contamination, however, any product may contain traces as our food is made in the same kitchen. Please speak to a member of the NG Homemade /vegilite team if you need more information.

