

LONDON MARATHON 2018 - THE NIGHT BEFORE

TO START WITH
CHUNKY VEGETABLE SOUP
CHEF'S SALAD BAR

CREATE YOUR OWN PASTA

CARBS
PENNE PASTA
wholewheat pasta available
BASMATI RICE
BROWN RICE
SWEET POTATO WEDGES

SAUCES
MUSHROOM
BOLOGNESE
TOMATO

PROTEINS
GRILLED CHICKEN BREAST
GRILLED SALMON

VEGETABLES
STEAMED VEGETABLES

25

PRE MARATHON BREAKFAST

We will have an area dedicated in our restaurant from 4am with the essential food the runners need to energise before the big marathon.

Tip: finish your breakfast at least 90-120 minutes before the marathon start.

WE CANNOT GUARANTEE THE ABSENCE OF NUT TRACES IN ANY OF OUR DISHES. PLEASE ADVISE A MEMBER OF STAFF IF YOU HAVE ANY PARTICULAR DIETARY REQUIREMENTS. ALL PRICES ARE INCLUSIVE OF VAT. AN OPTIONAL 12.5% SERVICE CHARGE WILL BE APPLIED TO YOUR BILL, ALL OF WHICH GOES TO THE SERVICE TEAM EXCLUDING MANAGEMENT.



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