

*Welcome*  
• TO YOUR •  
**RESTAURANT**

**Aspens**  


# Opening Times

**Breakfast**

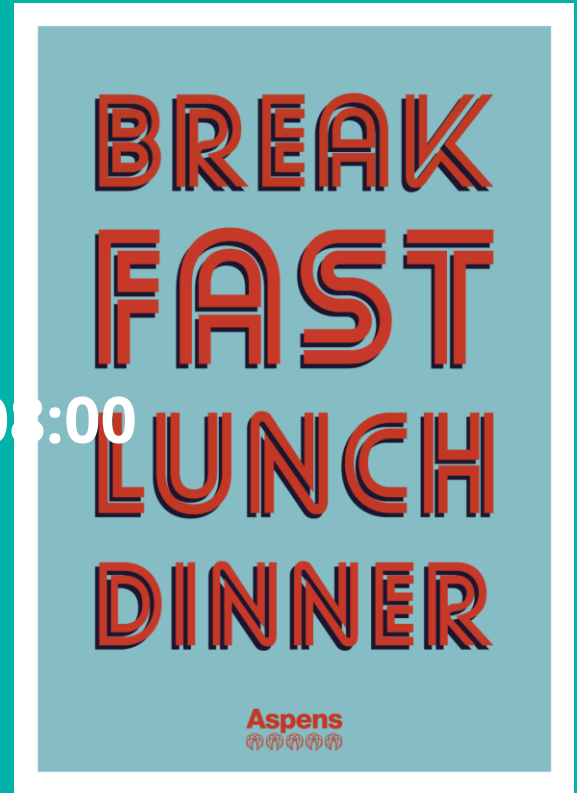
**From 08:00**

**Mid Morning Break**

**10:50 - 11:10**

**Lunchtime**

**13:10 - 14:00**



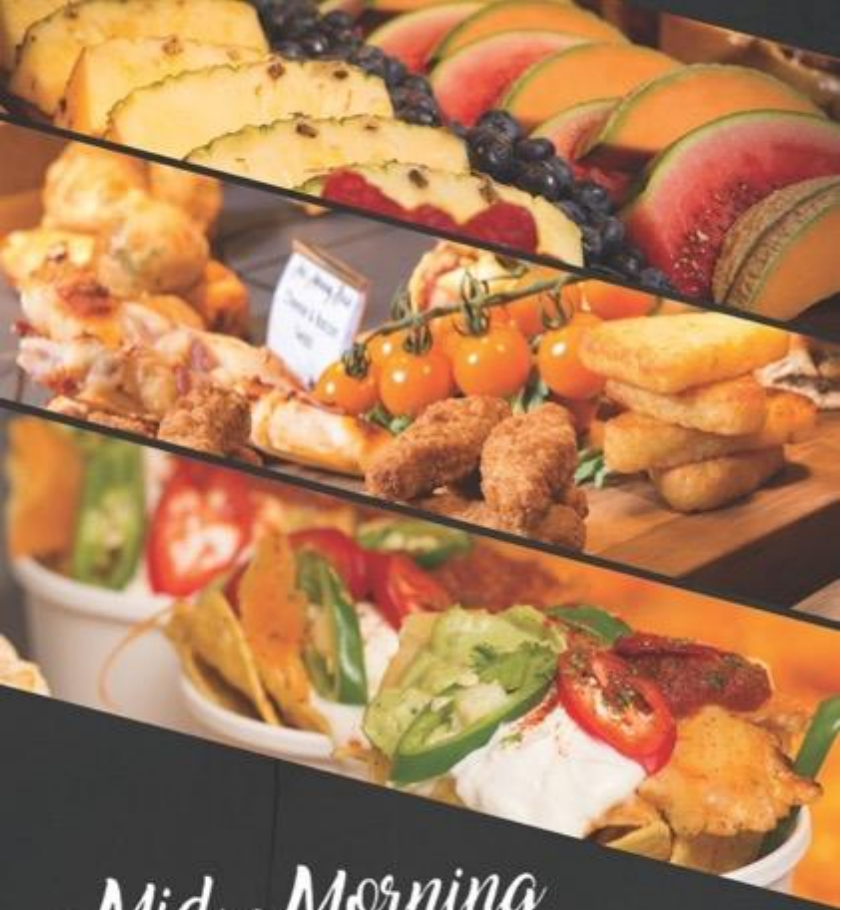
**Aspens**  




Tell us what you  
think of our food  
and service.

*Speak to a member of the  
Aspens team.*





# *Mid Morning* • **BREAK** •

Selection of Hot Savoury Snacks  
toast, hash browns, hot filled rolls and lots more...  
A daily variety of fruit and yogurt pots.

*Mid Morning*  
• **BREAK** •

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☺☺☺☺☺

**Aspens**



# World • KITCHEN •

Our fantastic traditional food offer giving our customers a wide range of dishes from around the world.



Aspens  
🏔️🏔️🏔️🏔️🏔️



# STREATERIES

## Carbon footprint calculations

All ingredients used to cook the dishes on this menu are assigned a **carbon footprint** based on their emissions to the atmosphere

The carbon footprint is based on the **type of ingredient, production method** and **country of origin**

We build recipes to calculate the **total carbon footprint** of a meal

**Our climate label** shows how climate friendly each dish is, so you can be a climate hero every lunch break



# STREATERIES

## How much CO<sub>2</sub>e do you put on *your* plate?



**Low**

0.1-0.5 kg CO<sub>2</sub>e

Choose meals with a low climate impact to eat within the planetary boundaries



**Medium**

0.6-1.5 kg CO<sub>2</sub>e

Meals with a medium climate impact have a carbon footprint below the average



**High**

1.6+ kg CO<sub>2</sub>e

Meals labelled as 'high' have a higher climate impact than the average meal



# STREATERIES

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WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STREET	Curried Coconut Chilli Chicken Wholegrain Rice n Peas	Homemade Spicy Falafel Flatbread	Glazed Gammon Roast Yorkshire Pudding, Roast Potato & Gravy	Low Salt & Chilli Chicken Firecracker Rice	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
VEGGIE	<b>Jamaican Black Eyed Peas Stew</b> Wholegrain Rice n Peas	<b>Plant Based Creamy Green Pea &amp; Spinach Pasta</b>	<b>Root Vegetable &amp; Bean Stew</b> Roast Spuds	<b>Japanese Yakisoba</b> (Japanese Stir Fried Noodles)	<b>Choose from:</b> Margherita Pizza Veggie Sausage (battered or plain) Chips, Gravy or Curry Sauce
SIDES	Lime Dressed Slaw	Mixed Salad	Roast Carrots & Parsnip	Sweet Chilli Sticky Greens	Minty Peas or Baked Beans
Extras additional to Meal Deal	Flatbread Wedge	Hummus Pot	Cauliflower Cheese	Prawn Crackers	Onion Rings

4/9, 25/9, 16/10, 6/11, 27/11, 18/12, 8/1, 29/01



# STREATERIES



## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STREET	Spicy Chicken Dhansak	Tex Mex Burrito Bar Chipotle Chicken or Spicy Beef	Sticky Red Onion Sausages Roast Spuds & Gravy	Meatballs in Baharat Tomato Sauce	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
VEGGIE	<b>Indian Street Food</b> Vada Pav Bhaji	<b>Crispy Topped Mac n Cheese</b> BBQ Drizzle & Crispy Onion	<b>Veggie Bangers</b> Cheesy Chive Mash	<b>Cumin Chickpea &amp; Vegetable Bake</b> in Baharat Tomato Sauce	<b>Choose from:</b> Margherita Pizza Veggie Sausage (plain or battered) Chips & Gravy or Curry Sauce
SIDES	Wholegrain Rice & Kachumber Salad	Chunky Tomato Salsa Mexican Slaw	Carrots & Peas	Moorish Cous Cous & Green Salad	Minty Peas or Baked Beans
Extras <small>additional to Meal Deal</small>	Naan Bread	Tortilla Chips	Cauliflower Cheese	Garlic Flatbread	Frickles

# STREATERIES



AMERICAN  
*Diner*



PAN  
ASIAN



Home  
STYLE



INCREDIBLE  
INDIA



Chips &  
more

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STREET	NY Deli Open Chicken Bagel American Mustard Slaw	Laab Moo (Spicy Thai Pork) Lime Wholegrain Rice	Creamy Chicken & Leek Pie Roasties & Gravy	Chicken Ruby Murray Yellow Rice	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
VEGGIE	<b>Tex Mex Chipotle Sweet Potato &amp; Lime Taco</b>	<b>Veggie Thai Style Noodles</b>	<b>Lentil &amp; Onion Pie Roasties &amp; Gravy</b>	<b>Chana Masala Yellow Rice</b>	<b>Choose from:</b> Margherita Pizza Veggie Sausage (plain or battered) Chips & Gravy or Curry Sauce
SIDES	Hand Cut Wedges & Mustard Slaw	Wok Fried Oriental Veggies	Seasonal Mixed Vegetables	Kachumber Salad	Minty Peas or Baked Beans
Extras <small>additional to Meal Deal</small>	Cajun Onion Rings	Prawn Crackers	Cauliflower Cheese	Naan Bread	Garlic Mayo Dip Pot

18/9, 9/10, 30/10, 20/11, 11/12, 01/01, 22/01, 12/02

If every family in the UK removed the meat from just **one meal** a week, it would have the same climate impact as taking **16 million cars** of the road





Did you know that...

You can eat **10 vegan burgers**  
for the same climate cost as  
**1 average beef burger**



=



**x 10**

By switching to a  
plant-based diet  
we could cut our CO<sub>2</sub>e  
impact in half, from 2  
tonnes to 1 tonne per  
year and person



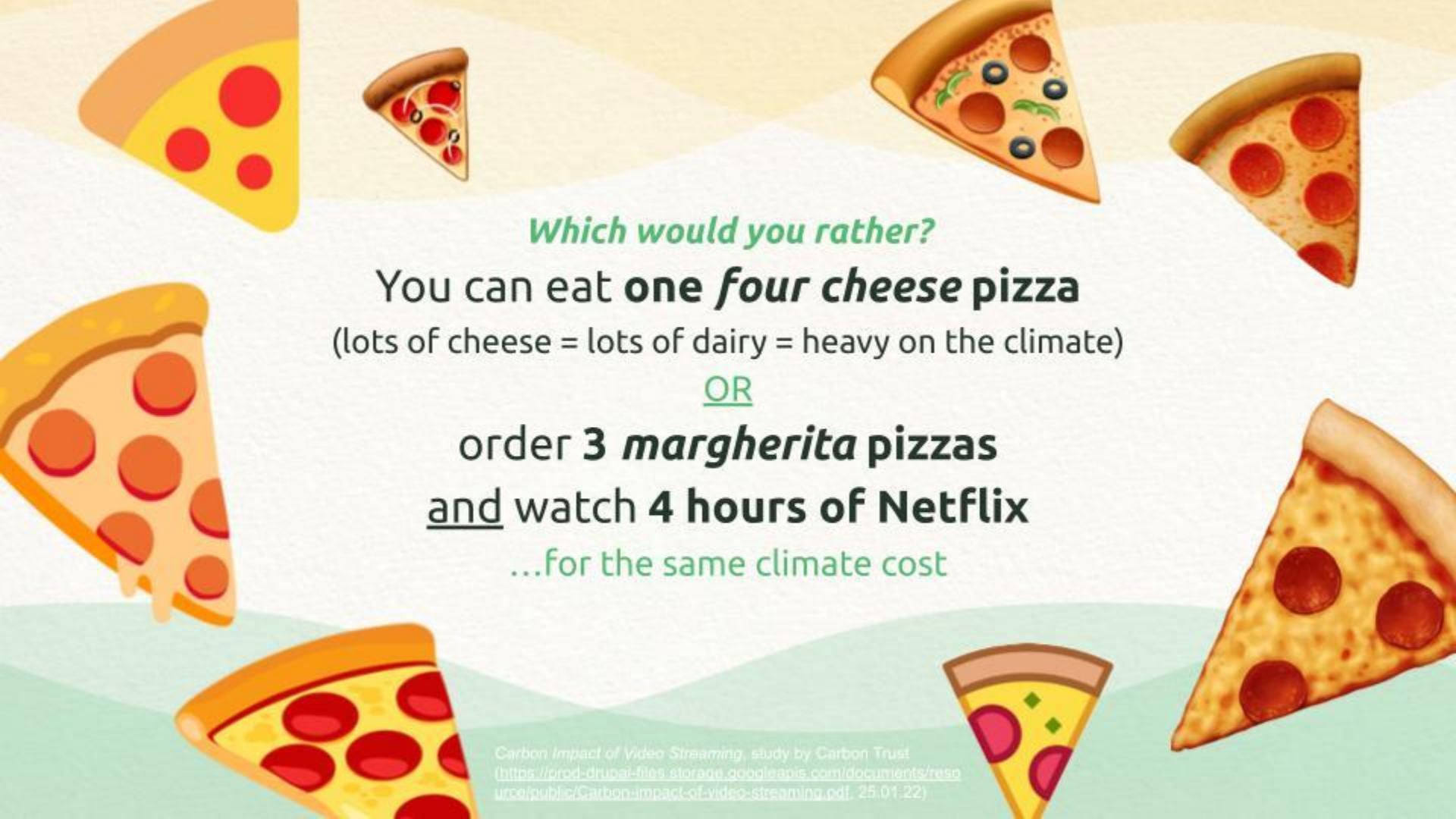


Let's put **1kg of CO<sub>2</sub>e**  
in perspective...

It's equivalent to  
**driving 8km**  
with a diesel car or  
**watching 70 seasons**  
of your favourite TV show

*(if your TV runs on renewable energy)*





*Which would you rather?*

You can eat **one *four cheese* pizza**  
(lots of cheese = lots of dairy = heavy on the climate)

OR

order **3 *margherita* pizzas**  
and watch **4 hours of Netflix**  
...for the same climate cost

*Would you rather...*

**Eat one beef burger**

OR

**Eat one vegan burger**

**and watch TikTok for**

**22 hours and 48 minutes**

*...for the same climate cost*

**4.0**  
kg CO<sub>2</sub>e





If we are to follow the climate goals of the Paris Agreement, **one beef burger** is more than **1/3 of one person's weekly carbon food budget**



*Did you know...*

The weekly carbon food budget is the **total climate impact (emissions) of everything we eat during a week**. If we are to reach the climate goals in the Paris Agreement, it shouldn't be higher than 11 kg CO<sub>2</sub>e.



# Hot DELI.

A range of hot marinated chicken wraps, panini, filled jackets and burgers plus much more



Asper's  




# Cold • DELI •

A delicious mix of deli style sandwiches, wraps, salads, deli pots and cold desserts.



Freshly made  
pizza with a  
range of  
toppings

**Aspens**



**Aspens**  
Authentic Italian



Discover our  
range of freshly  
made pasta  
sauces



Aspens  
⦿⦿⦿⦿⦿

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# DON'T MISS OUR FLAVOUR OF THE MONTH

## DON'T MISS OUR FLAVOUR OF THE MONTH

2023/2024



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☕☕☕☕☕

**MEZZE**  
GOES  
**GREEK**

HOLDING OUT FOR A  
**GYRO?!**

We've got some  
**SMASHING DISHES!**

**COME ALONG AND TRY OUR DELICIOUS GREEK CLASSICS!**

Aspens

**SEPTEMBER**

Authentic *Italian* EVERYTHING IS  
**SAUCE-SOME**

We're going the  
**EXTRA MILE**  
with these sauces!

**Recipe**  
Our traditional sauces are slow cooked to infuse maximum flavour into our incredible Italian dishes.

**- COME AND - SPAGHETTI IT!**  
**- YOU WON'T - REGRET IT!**

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**OCTOBER**

**INCREDIBLE INDIA FROM THE PUNJAB**

**SIMPLE BOLD RUSTIC RICH EXOTIC**

AND OF COURSE  
**DELICIOUS FLAVOURS!!**

**COME ALONG 'RAITA WAY' AND ENJOY SOME ICONIC DISHES FROM THE PUNJAB.**

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**NOVEMBER**



Let the  
"feastivities"  
begin!

"Tis  
the  
season  
to  
be  
jolly"

Check out  
our jolly  
festive  
counters  
now!

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DECEMBER

PAR  
ASIAN  
GOES TO  
**KOREA**

THIS FOOD WILL  
MAKE YOUR HEART GO  
**BI-BIM-BAP!**

K-FOOD IS  
**HOT**  
RIGHT NOW

Join us for some  
sensational  
**'SEOUL'**  
FOOD!

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JANUARY

*John Dory*  
GETS  
**Loaded!**

Loaded Chips are here  
with tastes from far and near...

Come and  
Choose your  
Favourite  
Combo!

WE'VE GOT THEM  
COVERED...  
IN LOTS OF  
GOOD STUFF!

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FEBRUARY

Some of our menu items contain allergens including; gluten, milk, eggs, fish, shellfish, soya, celery, mustard, sulphites, sesame and lupin



**If you have a food allergy or special dietary requirement, please speak to a member of the catering team.**

**Aspens**

80% OF OUR DRINKS  
SOLD IN BOTTLES ARE  
NOW MADE WITH  
RECYCLED PLASTIC (RPET)



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**WORKING TOGETHER  
TO PROTECT OUR  
ENVIRONMENT**

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MORE THAN  
**8 MILLION TONS**  
OF PLASTIC IS DUMPED  
IN OUR OCEANS EVERY YEAR



**PLASTIC STRAWS SUCK!**

OUR PAPER STRAWS  
ARE BIODEGRADABLE  
AND MADE FROM  
RENEWABLE RESOURCES



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**WORKING TOGETHER  
TO PROTECT OUR  
ENVIRONMENT**

---

EXPERTS PREDICT  
**BY 2050**  
THE OCEANS  
WILL CONTAIN  
MORE PLASTIC  
THAN FISH



**GOOD**  
FOR THE  
**PLANET**



## BE A GOOD SORT!

POP YOUR WASTE  
IN THE RIGHT  
PLACE!

**GOOD**  
FOR THE  
**PLANET**



## YES PLEASE, RECYCLE THESE!

CHECK YOUR LABELS  
FOR RECYCLING SYMBOLS  
AND POP THEM IN  
THE RIGHT BIN.

**GOOD**  
FOR THE  
**PLANET**



## KEEN TO BE GREEN?

We are trying to reduce how  
much disposable cutlery  
we use.

*If you really need to use some, please  
ask a member of the  
Catering Team.*

**GOOD**  
FOR THE  
**PLANET**



## WATCH YOUR WASTE!

MAKE LANDFILL  
OR GENERAL WASTE  
YOUR LAST CHOICE.

**GOOD**  
FOR THE  
**PLANET**



## JOIN THE EMPTY PLATE CLUB!

NOTHING TO SCRAPE  
IF YOU EAT ALL  
YOUR FOOD.





Make sure that you visit our **Good for You and Good for the Planet Board** where we have different messages displayed each month:

- Good for You - inspirational messages about food and drink and their link to your wellness
- Good for the Planet - ways in which we can all work together, making small differences that can make a big difference

*Thank*  
• YOU •

FOR DINING WITH US

**Aspens**

