



FOOD ALLERGY
OR INTOLERANCE?



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.

EVENING

MARKET KITCHEN

welcome to a world of taste

T O S T A R T

Relax... we'll bring it straight to your table

Chef's soup of the day

warm sourdough, butter.

scan our QR code to see the calorie information of our soups


Garlic fried mushrooms

puff pastry, thyme,
guacamole & basil pesto.
725kcal

Chicken liver & brandy parfait

Fig chutney, crushed roasted
hazelnuts, toasted brioche.
475kcal

Warm red & yellow pepper tarte tatin

red onion chutney, basil dressing,
crumbled goats cheese. 386kcal
vegan option available  328kcal

Smoked salmon & prawn rillette

Fresh dill, lemon, toasted tomato bread.
272kcal

DAILY SPECIALS

Asian style mushroom filled bao buns

pickled red onion, Bulgogi &
sweet chilli sauce, coriander. 430kcal

Ham hock & pea terrine

boiled egg, golden beetroot piccalilli,
pesto mayonnaise, toasted crostini. 514kcal

D E L I

Help yourself from our cold display

Caesar salad

gem lettuce, crunchy croutons, Italian-style
hard cheese, egg, Caesar dressing. 159kcal

Potato, spring onion & wholegrain mustard salad

182kcal

Mixed cabbage coleslaw

128kcal

Watermelon & feta salad

sweet & sour red onions, mint.
71kcal

Mixed salad leaves 8kcal

Pasta salad

with sundried tomatoes,
pesto & rocket. 194kcal

Rice salad

mango, avocado & lime. 136kcal

SALAD BAR

Cucumber 7kcal / Tomato 14kcal / Gem lettuce 6kcal

Red onion 13kcal / Beetroot 28kcal

served with a selection of sliced meat, pickles, dressings, savoury tart, selection of breads

scan our QR code to see the calorie information of our accompaniments

Adults need around 2,000kcal a day

M A I N S



Taste of I N D I A

Beef Masala curry

255kcal

Chicken & spinach tikka

126kcal

Sweet potato & chickpea curry

263kcal

Malayan-style prawn curry

139kcal

choose your sides

Masala chickpea rice

398kcal

Mango chutney

61kcal

Onion bhaji

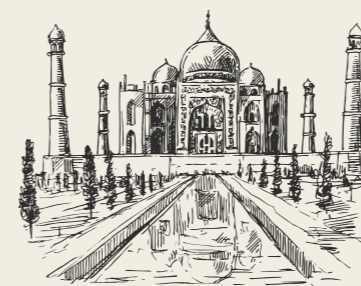
144kcal

Naan bread

190kcal

Raita

22kcal



Dishes inspired from around the world

ROAST

Today's choice

Thyme roasted topside of beef 563kcal

Yorkshire pudding 86kcal

Horseradish sauce 123kcal

served with a selection of vegetables and potatoes

scan our QR code to see the calorie information of our accompaniments



FRESH FISH

may contain bones

Please order with your host

Mackerel fillet

326kcal

Scottish Loch

reared trout

251kcal

Hake supreme

239kcal

add a sauce of your choice

White wine creamy sauce 193kcal

Chargrilled tomato chutney 34kcal

served with a selection of vegetables and potatoes


scan our QR code to see the calorie information of our accompaniments

DAILY SPECIALS

Lincolnshire sausages

buttered mash, peas, bacon,
onion gravy. 1,297kcal

Broad bean, courgette & spinach risotto

lemon & feta cheese. 768kcal
vegan option available  603kcal

Adults need around 2,000kcal a day

P U D D I N G S H O P

A selection of hot and cold desserts

Chocolate, rum & raisin cheesecake ✓
chocolate-flavoured sauce,
fresh raspberries. *490kcal*

Orange, honey & vanilla flavour pudding ✓
with custard. *468kcal*

Warm Bramley apple & raspberry tart ✓
crunchy crumble, vanilla
flavour custard. *351kcal*

Mango & coconut mousse ✓ ✓_v
fresh berries, toasted coconut,
lime syrup. *368kcal*

Chef's cheese board ✓
selection of cheeses, biscuits, grapes, shaved
celery, fig & honey chutney, apple. *733kcal*

Melon & berry fruit salad ✓
lime, mint, vanilla ice cream. *144kcal*
vegan option available ✓_v *186kcal*

Why not try a dessert wine?

Sauternes Garonnelles *France*

Sauternes is a traditional sweet dessert wine from Bordeaux

125ml  **7.00** *Half Bottle*  **20.00**

C H E F ' S S P E C I A L S

Sticky toffee pudding ✓
with custard. *688kcal*

Chocolate fondant ✓
raspberry cream. *626kcal*

I C E C R E A M ✓

served with Sablé biscuit

Blackberry & clotted cream *340kcal*

Chocolate *349kcal*

Strawberry *319kcal*

Vanilla *281kcal*

Salted caramel *307kcal*

P L A N T B A S E D

I C E C R E A M ✓ ✓_v

Salted caramel *240kcal*

Vanilla *237kcal*

S O R B E T S ✓ ✓_v

Lemon *116kcal*

Mango *134kcal*

Adults need around 2,000kcal a day

✓ Suitable for vegetarians ✓_v Suitable for vegans

For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering even if you have dined with us before as our food ingredients and specifications can change. Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. 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. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. 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. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. MK HEYTHROP_EVENING_INDIA_DELI_UPDATE_2023

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