



HERA

## LUNCH MENU

Monday - Friday, 11am-3:30pm  
Excluding Bank Holiday and Match Days

13.90 per person

The HERA express lunch menu.  
A two course meal.

### FIRST COURSE

For the table, a choice of either

#### HUMMUS V

Chickpea purée with tahini and lemon

or

#### TZATZIKI V

Cucumber, mint, garlic & yoghurt

### SECOND COURSE

#### HERB-FED CHICKEN

Boneless, grilled baby chicken, served with rice

#### CHICKEN PASTA

Penne with chicken, garlic, onions, mushroom and creamy sauce

#### SALMON PITTA

Poached salmon, pitta bread, capers, lemon, red onion, mascarpone cheese, lettuce with chips

#### SPINACH ORZO V

Traditional Greek orzo pasta with spinach, Greek lemon, shallots, garlic and a touch of wild Greek oregano

#### BEEF MEATBALLS

Beef meatballs with tzatziki, lettuce, red onion, tomato, pitta bread and chips

#### OREGANO BEEF PATTIES

Grilled beef patties - a unique Greek recipe. Served with chips.

#### GRILLED VEGETABLE PITTA V

Grilled Vegetable pitta bread with hummus, halloumi and chips

#### CHICKEN SOUVLAKI

Grilled chicken with pitta bread, onions, lettuce, tzatziki and chips

#### BOLOGNESE

Spaghetti with beef ragu bolognese sauce

#### ORZO SALAD V

Orzo with cherry tomatoes, chickpeas, olives, feta, red onion and Greek salad dressing

#### PASTA WITH PESTO

Penne pasta with basil pesto, cream and parmesan cheese

#### COD

Cod with cherry tomatoes, mussels and lemon sauce

A discretionary service charge of 12.5% will be added to your bill. Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. We cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens.