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EXCEL LONDON

LIGHT BITES

BEEF PASTRAMI SANDWICH WITH SALAD & CRISPS — **£ 11.5**
560 KCAL (G, E, M)

FALAFEL & SPINACH WRAP WITH SALAD & CRISPS — **£ 10.5**
600 KCAL (G, SE)

QUINOA POWER SALAD WITH BROCCOLI, BEANS, LETTUCE & TOMATO — **£ 12**
(VG) 360 KCAL (SU)

CLASSIC CAESAR SALAD WITH PANCETTA, ANCHOVY & PARMESAN — **£ 12**
650 KCAL (G, E, F, M, MU)

EXTRA PROTEIN
CHICKEN £5 (187 KCAL), SALMON £6 (284 KCAL F), PRAWNS £6 (150 KCAL CR)

MAINS

SUSTAINABLE HADDOCK & CHIPS, WITH PEAS & TARTARE — **£ 20**
950 KCAL (G, E, F)

PAPPARDELLE WITH COURGETTE, CHERRY TOMATO & BASIL — **£ 15**
(V) 494 KCAL (G, E, M) **EXTRA PROTEIN:**
CHICKEN £5 (187 KCAL) OR PRAWNS £6 (150 KCAL CR)

HERB-RICOTTA STUFFED CHICKEN SUPREME — **£ 20**
620 KCAL (M) WITH SPRING VEG, LEMON-THYME JUS & PARMESAN

COTTAGE PIE, PAIR WITH CHIPS OR BABY LEAF SALAD — **£ 20**
540 KCAL (CE, SU, M)

ALOFT BEEF CHEESEBURGER WITH BACON AND FRIES — **£ 20**
920 KCAL (G, E, M, MU)

Vegetarian (V) Vegan (VE) Gluten Free (GF) Zero Waste
Milk (M), Gluten (G), Celery (CE), Sesame (SE), Sulphites (SU), Fish (F), Soy(SO), Peanut (P), Lupin (L), Nuts (N), Eggs (E), Crustaceous (CR), Molluscs (MO), Mustard (MU).
If you have any dietary requirements or are concerned about food allergies, e.g. nuts, you are invited to ask one of our team members. Adults need around 2000 kcal a day. Opening times may vary. All prices include VAT at the current rate. A 12.5% discretionary service charge will be added to your bill.
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