

THE
PARK
Bedford

Monday - Friday | 12pm - 5pm

lunch plates

MISO GLAZED MARKET FISH - 11
with black rice, spring onions, coriander,
Asian slaw and sesame wakame seaweed
(wg) / 767Kcal

MOROCCAN BUDDHA BOWL - 11
with harissa chickpea & orange salad,
velvety houmous, sundried tomatoes,
chargrilled vegetables, romaine lettuce,
spring onions, seeds, avocado and a
runny egg (v) / 737Kcal

- add grilled chicken 4 (wg) / +288Kcal
grilled halloumi 4 (v) (wg) / +338Kcal -

TOMATO & BURRATA
MOZZARELLA PAPPARDELLE - 11
in a sharp tomato & basil sauce (v) / 616Kcal

SOY ROASTED MUSHROOM
BUDDHA BOWL - 11
with black wholegrain rice, shredded
sesame cabbage & mooli, sesame
wakame seaweed, edamame beans,
radishes, spring onions, seeds and plum
sauce (pb) (wg) / 532Kcal

- add grilled chicken (gf) 4 / +288Kcal
grilled halloumi 4 (v) (wg) / +388Kcal
a runny egg 2 (v) (wg) / +55Kcal
avocado 2.5 (pb) (wg) / +157Kcal -

indulgent sandwiches

- with chips and a dill pickle -

THE CHECO - 8
grilled cheese sandwich with chipotle
chicken, Mexicana cheese, jalapeños and
avocado / 1220Kcal

THE APULIA - 8
grilled cheese sandwich with prosciutto,
burrata mozzarella, sun-dried tomatoes,
and basil pesto / 1202Kcal

THE REUBEN - 8
grilled cheese sandwich with corned beef,
Swiss cheese, sauerkraut and Thousand
Island dressing / 1170Kcal

THE LIBERTY - 8
New York style bagel with plant-based salt
beef, American mustard, gherkin, and
ch**se (pb) / 855Kcal

THE SLIP 'N' SLIDE - 8
New York style bagel with smoked salmon,
cream cheese, chives, and lilliput capers / 756Kcal



Food allergies? Please advise your server or ask for a manager before ordering. If you require information about allergens in our food, please scan the QR code. All dishes are prepared in a kitchen where all allergens are present, subsequently we cannot guarantee any to be 100% free from allergens. Fish & poultry may contain bones. Adults need around 2000kcal per day. Prices include VAT at the current rate. (pb) plant-based | (pbo) plant-based option available | (wg) made without gluten | (wgo) without gluten option available | (n) contains nuts