

# Market Kitchen

## TASTES OF ITALY

### TO START

#### Buffet counter

An array of delicious dishes to suit all taste buds.

Dine from our starter buffet counter offering daily changing popular classics, tasty salads, quiche, sliced meats, fish and an array of dressings... you'll be spoilt for choice.

#### Chef's soup of the day v

With toppings, selection of breads.

### MAINS

#### TASTES OF ITALY

**Rustic minced pork  
sausage & fennel ragu  
with pasta** 386kcal

**Roasted vegetables in  
spiced Arrabbiata sauce** v ve  
70kcal

**Lasagne al forno**  
354kcal

**Pan fried seabass & caponata**  
332kcal

**Garlic polenta** v ve  
539kcal

#### ROAST

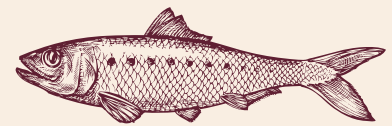
**Slow cooked pulled  
lamb shoulder**  
251kcal

**Roasted chicken** 190kcal

Served with  
Cranberry, apricot & sourdough  
stuffing v 91kcal

Mint sauce v ve 23kcal

Help yourself to today's selection  
of vegetables and potatoes.



#### CATCH OF THE DAY

**Please ask your host  
for today's choices**

Served with  
White wine creamy sauce  
194kcal

### DAILY CHANGING SPECIALS FROM OUR ROBATA GRILL

Please ask your host for today's choices.

### PUDDING SHOP

**An array of after dinner treats**

Daily changing selection of tasty cold and hot desserts.

For calorie information for all dishes, please refer to the labels on the buffet counter. Alternatively, scan our QR code to find out more.



#### Food allergy or intolerance?

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. 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. 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. MK ITALY RUN 2024

Adults need around 2,000kcal a day