

# TONIC @BANKHOUSE

20 ALBERT EMBANKMENT, LONDON, SE1 7FY

## ON-SITE RESTAURANT INFORMATION 2024



The Bankhouse restaurant is for residents and their guests to enjoy. One Housing provides this service and therefore may be subject to change.

### **What is the menu choice available in the restaurant?**

A four-weekly, 2 choice menu cycle with special diets and cultural needs options is available, including a vegetarian option. A week's example is shown overleaf.

### **How much do meals cost?**

A 2-course meal costs £4.31\* . Payment can be made when you choose to eat there or a more regular arrangement can be set up to suit your requirements with special dietary options available.

Drinks such as wine, beer and soft drinks may be purchased from the bar.

*\*subject to increase, you will be informed of any changes by Tonic staff.*

### **At what time are meals served?**

The restaurant currently serves meals between 12.30pm and 2pm.

### **Where and how will the meals be prepared?**

The meals are prepared by trained catering staff in the catering kitchen onsite. The food is pre-prepared offsite and brought in frozen ready to be heated and served. Staff will plate and garnish the meal before serving them to customers in the restaurant.

## SAMPLE RESTAURANT MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Mains</b> Shahi gosht curry <b>or</b> Braised sausages in onion gravy</p>	<p><b>Mains</b> Salmon crumble <b>or</b> Vegetable lasagne</p>	<p><b>Mains</b> Sliced gammon and pineapple <b>or</b> Chilli con carne</p>	<p><b>Mains</b> Chicken chasseur <b>or</b> Chef's minced steak and potato pie</p>	<p><b>Mains</b> Crispy breaded cod <b>or</b> Cottage pie</p>	<p><b>Mains</b> Jerk chicken and rice <b>or</b> Lamb</p>	<p><b>Mains</b> Roast beef and yorkshire pudding <b>or</b> Roast chicken with sage and onion stuffing</p>
<p><b>with</b> mustard mash <b>or</b> white rice, green beans &amp; glazed carrots</p>	<p><b>with</b> potato wedges <b>or</b> parsley potatoes, mixed vegetables &amp; creamed swede</p>	<p><b>with</b> white long grain rice <b>or</b> crispy roast potatoes, glazed carrots &amp; peas</p>	<p><b>with</b> creamed potato <b>or</b> croquette potatoes, cauliflower florets &amp; savoy cabbage</p>	<p><b>with</b> sauté potatoes <b>or</b> minted potatoes, mushy peas &amp; baby carrots</p>	<p><b>with</b> mashed potato <b>or</b> whole jacket potato, vegetable medley &amp; red cabbage with apple and port</p>	<p><b>with</b> crispy roast potato <b>or</b> creamed potato, brussel sprouts &amp; puree of root vegetable</p>
<p><b>Dessert:</b> Apple Sponge <b>with</b> custard or clotted cream <b>or</b> Rice pudding</p>	<p><b>Dessert:</b> Sticky toffee pudding <b>with</b> custard <b>or</b> Cooked apricots</p>	<p><b>Dessert:</b> Mixed fruit pie <b>with</b> custard <b>or</b> Tapioca</p>	<p><b>Dessert:</b> Jam sponge <b>with</b> custard <b>or</b> Summer fruit crumble</p>	<p><b>Dessert:</b> Rhubarb crumble <b>with</b> custard <b>or</b> Semolina pudding and jam</p>	<p><b>Dessert:</b> Somerset apple cake <b>with</b> custard <b>or</b> Rice pudding</p>	<p><b>Dessert:</b> Cherry pie <b>with</b> custard <b>or</b> Stewed apple</p>

*Allergen and nutritional information for all dishes is available from the kitchen should it be required.*

*Residents on specialist diets such as calorie-controlled or vegetarian will have individual meals provided.*