

A Cultural Future for Bournemouth, Christchurch and Poole



MENU

The Pesto Box

Roast chicken, sun dried tomato, olive and Hampshire watercress pesto new potato salad with spicy tomato chutney

(Vegan: + avocado instead of chicken)

VE-GF-DF

OR

The Jerk Box

Jerk chicken & sweet potato with a brown rice & sweetcorn quinoa super salad with seasonal slaw and pineapple chutney

(Vegan: + avocado instead of chicken)

VE-DF-GF

All served with posh crisps, delicious dark chocolate brownie & a seasonal fruit kebab.



Our food is super tasty, locally sourced where possible and naturally gluten & dairy free.

Lunch'd – energising work food - www.lunchd.co.uk



Poole-based **Lunch'd** make tasty, healthy food for offices & events, using local & seasonal Dorset produce. Oli Perron started the business in 2014 from humble beginnings in his flat and in 2018 won the Entrepreneur of the Year award and a Dorset Food, Drink & Farming award as voted by readers of Dorset Magazine. Using local supplier Country Fare to source produce like Hampshire watercress for their new pesto box, Lunch'd offer an exciting seasonal menu which is 100% gluten and dairy-free, with both meaty & vegan options. Hear all about Oli's story [here](#) and about the recent advert Lunch'd made for Visa [here](#).