## LUNCH

### MONDAY
- **Mushroom stroganoff with herb rice** *(CE, MU)*
  - £2.60
- **Chargrilled jerk pork steak with papaya and mango salsa**
  - £3.25
- **Gnocchi with spinach pesto and mascarpone** *(G, N, M)*
  - £2.75
- **Gluten free crispy hake with yuzu aioli and rocket salad** *(F, E, MU)*
  - £3.40

### TUESDAY
- **Green Thai tofu curry rice bowl, lime and coriander** *(S)*
  - £3.40
- **Pasta bar** *(G, E)*
  - £2.60
- **Pan fried sea trout with pearl barley risotto, tender stem broccoli and lemon** *(F, G, CE)*
  - £2.40
- **Cumberland sausage ring, mustard glaze** *(G, SD, MU, CE)*
  - £2.60

### WEDNESDAY
- **Salt & pepper tempura tofu with pak choi, bean sprouts and toasted peanuts** *(G, S, N)*
  - £3.40
- **Cauliflower and macaroni cheese, topped with tomato and nut crumb** *(MU, N, M)*
  - £2.60
- **Sri Lankan curry with toasted almonds and yoghurt** *(S, G, N)*
  - £3.25
- **Roast haddock fillet with feta mash, roasted prawn veloute** *(F, M, CR)*
  - £3.40

### THURSDAY
- **Sweet potato & black bean burger with cashew milk dressing** *(N, G)*
  - £2.60
- **Pasta bar** *(G, E)*
  - £2.60
- **Mozambican BBQ chicken with lime, red onion, chilli and coriander**
  - £2.75
- **Breaded harissa cod with lemon and red onion and coriander cous cous** *(M, E, G, F, MU)*
  - £3.40

### FRIDAY
- **Aubergine stuffed with quinoa and vegetables** *(CE, G)*
  - £2.75
- **Penne pasta with leeks, smoked garlic and wild mushrooms** *(G, M, E)*
  - £2.60
- **Chicken breast topped with black olive tapenade and mozzarella on wilted spinach** *(M)*
  - £3.25
- **Beer battered fish of the day** *(G, F, MU)*
  - £2.60

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Dishes may change at short notice, if have any allergies, please notify a member of staff.

We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#).
## Week Commencing 10th February 2020

### DINNER

#### MONDAY

<table>
<thead>
<tr>
<th>Dish</th>
<th>Allergen Key</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chunky ratatouille, salsa verde &amp; lemon oil (SD)</td>
<td></td>
<td>£2.60</td>
</tr>
<tr>
<td>Leek and butternut pasta gratin (G, M, E)</td>
<td></td>
<td>£2.75</td>
</tr>
<tr>
<td>Sea trout, black sesame seeds, ponzu sauce and pak choi (F, SE, S, CE)</td>
<td></td>
<td>£3.40</td>
</tr>
<tr>
<td>Cajun spiced chicken, pinto beans and piri piri mayo (E, MU)</td>
<td></td>
<td>£3.25</td>
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#### TUESDAY

<table>
<thead>
<tr>
<th>Dish</th>
<th>Allergen Key</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sicilian aubergine stew, couscous and toasted almonds (SD, N)</td>
<td></td>
<td>£2.60</td>
</tr>
<tr>
<td>Pasta bar (G, E)</td>
<td></td>
<td>£2.60</td>
</tr>
<tr>
<td>Cornish crab linguine with fennel, lemon and pea shoots (CR, G, E, M)</td>
<td></td>
<td>£3.25</td>
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<tr>
<td>Baby back pork ribs marinated with honey, rosemary and mustard (SD, MU)</td>
<td></td>
<td>£3.40</td>
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#### WEDNESDAY

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Masala dosa, spiced lentils, potato, toasted seeds on nann bread (N, SE, MU, G, CE)</td>
<td></td>
<td>£2.75</td>
</tr>
<tr>
<td>Stir-fried vegetable Pad Thai with noodles with a sweet tamarind sauce (G, SE, SD, S)</td>
<td></td>
<td>£2.60</td>
</tr>
<tr>
<td>Sri Lankan curry with toasted almonds and yoghurt (S, G, N)</td>
<td></td>
<td>£3.25</td>
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#### THURSDAY

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<tr>
<th>Dish</th>
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<tbody>
<tr>
<td>Wild mushroom tagliatello risotto with white truffle oil (M, SD, CE)</td>
<td></td>
<td>£2.60</td>
</tr>
<tr>
<td>Vegetable and bean chilli, guacamole and nachos (CE, MU, G)</td>
<td></td>
<td>£2.75</td>
</tr>
<tr>
<td>Roast chicken quarter, cranberry shiraz relish, with stuffing and gravy (G, CE)</td>
<td></td>
<td>£3.25</td>
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<tr>
<td>Salmon coulibiac with hollandaise sauce (F, E, G, MU)</td>
<td></td>
<td>£3.40</td>
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#### FRIDAY

<table>
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<tr>
<th>Dish</th>
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</thead>
<tbody>
<tr>
<td>Pepper, spinach and coconut curry with crispy kale (SD)</td>
<td></td>
<td>£2.60</td>
</tr>
<tr>
<td>Darwin venison burger, bun, homemade burger sauce, tomato, baby gem and monetary jack cheese (G, E, CE, M)</td>
<td></td>
<td>£3.40</td>
</tr>
<tr>
<td>Cornish crab linguine with fennel, lemon and pea shoots (CR, G, E, M)</td>
<td></td>
<td>£3.25</td>
</tr>
<tr>
<td>Roasted salmon penne pasta and broccoli (F, G, M)</td>
<td></td>
<td>£3.25</td>
</tr>
<tr>
<td>Salmon coulibiac with hollandaise sauce (F, E, G, MU)</td>
<td></td>
<td>£3.40</td>
</tr>
</tbody>
</table>

### Specials Board and Facebook

See the Friday Nights Specials Board and Facebook

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**Allergen Key:**
- Celery CE
- Gluten G
- Crustaceans CR
- Egg E
- Fish F
- Nuts N
- Molluscs MO
- Sulphites SD
- Pork PO
- Milk M
- Mustard MU
- Peanuts P
- Sesame SE
- Soya S