Week Commencing 02\textsuperscript{nd} December 2019

**LUNCH**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Mushroom and madeira stew, crushed and pickled walnuts and lemon oil polenta  
  $(N, CE)$  
  £3.00 | Butternut squash and sage macaroni  
  $(L, G)$  
  £2.60 | Field mushroom, sundried tomato, pesto, coleslaw in a pretzel burger bun  
  $(G, N, SD)$  
  £2.60 | Cajun tomato, roasted courgette and kidney bean risotto  
  $(CE, G)$  
  £2.60 | Sweet potato, black bean and chipotle enchiladas with avocado and lime dressing  
  $(G, M)$  
  £2.75 |
| Pasta bar  
  $(G, E)$  
  £2.60 | Tomato, dill, black olive and orzo  
  $(SD, G, M)$  
  £2.75 | Pasta bar  
  $(G, E)$  
  £2.60 | Sweet red onion and cauliflower tart with green salad  
  $(M, E, G, N, L)$  
  £2.60 | Mushroom and butternut dhal with fried egg and coriander  
  $(E, N)$  
  £2.60 |
| Swedish meatballs with dill mash  
  $(G, M, F, MU)$  
  £2.70 | Smoked mackerel and sweet potato burger with caper and gherkin relish  
  $(F, E, M, MU, SD, G)$  
  £3.40 | Chicken Malabar curry  
  $(MU)$  
  £3.25 | Chicken and black bean sauce with fried rice  
  $(SD, E)$  
  £3.25 | Beer battered fish of the day with tartare sauce  
  $(F, G, SD, E)$  
  £3.25 |
| Grilled miso salmon and kombu rice noodles  
  $(F, E, S, SE)$  
  £3.40 | Chicken souvlaki with lemon and walnut tahini  
  $(CE, M, N, P, G, SE)$  
  £2.75 | Piotr’s pork schnitzel à la Norma  
  $(E, M, G, SD)$  
  £2.75 | Pan-fried hake with wild garlic sauce and crispy leeks  
  $(F, M, SD)$  
  £3.40 | Char Siu duck Asian slaw and black vinegar  
  $(S, G, SE, SD)$  
  £3.40 |

Dishes may change at short notice, if you have any allergies, please notify a member of staff.
We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#).
Week Commencing 02nd December 2019

DINNER

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<tbody>
<tr>
<td>Crispy tofu rice bowl with soy lime dressing</td>
<td>Sweet potato and chickpea curry with toasted almond and turmeric rice</td>
<td>Pulled jack fruit burger (G, S)</td>
<td>Smokey cannellini beans, garlic sourdough toast &amp; avocado (G)</td>
<td>Vegan Margherita pizza (G)</td>
</tr>
<tr>
<td>(S, SE) £3.25</td>
<td>(SD, CE, N, MU) £2.60</td>
<td>£2.60</td>
<td>(G) £2.60</td>
<td>£2.60</td>
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<tr>
<td>Miso, maple &amp; aubergine burger, Asian herb salad</td>
<td>Celeriac, potato and beetroot gratin (M, MU, CE)</td>
<td>Fried halloumi. Warm harissa chickpea and rice salad, lemon &amp; yoghurt (M, S)</td>
<td>Tofu Laksa, noodles, bean shoots, lime and coriander (S, G)</td>
<td>Stuffed beef tomato with coconut vegetables (M, G, MU)</td>
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<tr>
<td>(S, G, E, M, N) £2.60</td>
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<tr>
<td>Sri Lankan chicken kottu (E, G, MU, CE) £3.25</td>
<td>Plaice with broad bean &amp; green herb kedgeree (CE, G, M) £3.40</td>
<td>Tom Yum seafood soup with egg noodles (F, CR, G, E) £3.25</td>
<td>Smoked cod loin. Creamed spinach &amp; bacon (G, SD, F, M) £3.40</td>
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<tr>
<td>Pollack, fennel, potato &amp; olive bake, lemon dressing (F, SD) £3.40</td>
<td>Ground pork tacos with Pico de Gallo &amp; Monterey Jack (CE, G, M, E) £3.25</td>
<td>Thai minced turkey with garlic and basil (MO, S) £2.75</td>
<td>Honey roast gammon, roasted sweet potato &amp; parsley sauce (CE, SD, G, MU, M) £3.25</td>
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<td>Allergen Key:</td>
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<tr>
<td>Celery CE</td>
<td>Egg E</td>
<td>Nuts N</td>
<td>Pork PO</td>
<td>Peanuts P</td>
</tr>
<tr>
<td>Gluten G</td>
<td>Fish F</td>
<td>Molluscs MO</td>
<td>Milk F</td>
<td>Sesame SE</td>
</tr>
<tr>
<td>Crustaceans CR</td>
<td>Lupin L</td>
<td>Sulphites SD</td>
<td>Mustard MU</td>
<td>Soya S</td>
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See the Friday Nights on Facebook

Week 1