### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mushroom stroganoff with herb rice&lt;br&gt;(CE, MU)&lt;br&gt;£2.60</td>
<td>Green Thai tofu curry rice bowl, lime and coriander&lt;br&gt;(S)&lt;br&gt;£3.40</td>
<td>Salt &amp; pepper tempura tofu with pak choi, bean sprouts and toasted peanuts&lt;br&gt;(G, S, N)&lt;br&gt;£3.40</td>
<td>Sweet potato &amp; black bean burger with cashew milk dressing&lt;br&gt;(N, G)&lt;br&gt;£2.60</td>
<td>Aubergine stuffed with quinoa and vegetables&lt;br&gt;(CE, G)&lt;br&gt;£2.75</td>
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<td>Chargrilled jerk pork steak with papaya and mango salsa&lt;br&gt;£3.25</td>
<td>Pasta bar&lt;br&gt;(G, E)&lt;br&gt;£2.60</td>
<td>Cauliflower and macaroni cheese, topped with tomato and nut crumb&lt;br&gt;(MU, N, M)&lt;br&gt;£2.60</td>
<td>Pasta bar&lt;br&gt;(G, E)&lt;br&gt;£2.60</td>
<td>Penne pasta with leeks, smoked garlic and wild mushrooms&lt;br&gt;(G, M, E)&lt;br&gt;£2.60</td>
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<td>Gnocchi with spinach pesto and mascarpone&lt;br&gt;(G, N, M)&lt;br&gt;£2.75</td>
<td>Pan fried sea trout with pearl barley risotto, tender stem broccoli and lemon&lt;br&gt;(F, G, CE)&lt;br&gt;£2.40</td>
<td>Sri Lankan curry with toasted almonds and yoghurt&lt;br&gt;(S, G, N)&lt;br&gt;£3.25</td>
<td>Mozambican BBQ chicken with lime, red onion, chilli and coriander&lt;br&gt;£2.75</td>
<td>Chicken breast topped with black olive tapenade and mozzarella on wilted spinach&lt;br&gt;(M)&lt;br&gt;£3.25</td>
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<td>Gluten free crispy hake with yuzu aioli and rocket salad&lt;br&gt;(F, E, MU)&lt;br&gt;£3.40</td>
<td>Cumberland sausage ring, mustard glaze&lt;br&gt;(G, SD, MU, CE)&lt;br&gt;£2.60</td>
<td>Roast haddock fillet with feta mash, roasted prawn veloute&lt;br&gt;(F, M, CR)&lt;br&gt;£3.40</td>
<td>Breaded harissa cod with lemon and red onion and coriander cous cous&lt;br&gt;(M, E, G, F, MU)&lt;br&gt;£3.40</td>
<td>Beer battered fish of the day&lt;br&gt;(G, F, MU)&lt;br&gt;£2.60</td>
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</tbody>
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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 09th March 2020

#### DINNER

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| Chunky ratatouille, salsa verde & lemon oil  
(SD)  
£2.60 | Sicilian aubergine stew, couscous and toasted almonds  
(SD, N)  
£2.60 | Masala dosa, spiced lentils, potato, toasted seeds on nann bread  
(N, SE, MU, G, CE)  
£2.75 | Wild mushroom tagliatello risotto with white truffle oil  
(M, SD, CE)  
£2.60 | Pepper, spinach and coconut curry with crispy kale  
(SD)  
£2.60 |
| Leek and butternut pasta gratin  
(G, M, E)  
£2.75 | Pasta bar  
(G, E)  
£2.60 | Stir-fried vegetable Pad Thai with noodles with a sweet tamarind sauce  
(G, SE, SD, S)  
£2.60 | Vegetable and bean chilli, guacamole and nachos  
(CE, MU, G)  
£2.75 | Darwin venison burger, bun, homemade burger sauce, tomato, baby gem and monetary jack cheese  
(G, E, CE, M)  
£3.40 |
| Sea trout, black sesame seeds, ponzu sauce and pak choi  
(F, SE, S, CE)  
£3.40 | Cornish crab linguine with fennel, lemon and pea shoots  
(CR, G, E, M)  
£3.25 | Roasted salmon penne pasta and broccoli  
(F, G, M)  
£3.25 | Roast chicken quarter, cranberry shiraz relish, with stuffing and gravy  
(G, CE)  
£3.25 | |
| Cajun spiced chicken, pinto beans and piri piri mayo  
(E, MU)  
£3.25 | Baby back pork ribs marinated with honey, rosemary and mustard  
(SD, MU)  
£3.40 | Sri Lankan curry with toasted almonds and yoghurt  
(S, G, N)  
£3.25 | Salmon coulibiac with hollandaise sauce  
(F, E, G, MU)  
£3.40 | |

#### 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

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