### Week Commencing 20th January 2019

#### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Mushroom Agedashi noodles**  
(G, S, CE)  
£2.75 | **Porcini mushroom bolognase with spaghetti**  
(CE, G)  
£2.60 | **Blackened Aubergine veggie chilli**  
(S, CE)  
£2.60 | **Mediterranean stuffed peppers**  
(N, G, CE)  
£2.75 | **Lentil and barley burger with sesame and spicy fruit salsa**  
(G, S, SE)  
£2.75 |
| **Pasta bar**  
(G, E)  
£2.60 | **Smoked haddock fish cakes with creamed leeks**  
(M, CE, G, F, SD, E)  
£2.75 | **Roasted pepper and Applewood smoked cheese quiche**  
(G, E, M, N)  
£2.75 | **Butternut and kale lasagne**  
(M, G)  
£2.60 | **Pasta bar**  
(G, E)  
£2.60 |
| **Darwin fish pie with a pretzel and cheddar crust**  
(M, G, MU, F)  
£2.75 | **Chicken, smoked bacon and bean stew with crispy sage**  
(CE, M, SD)  
£3.25 | **Pan roasted salmon with three tomatoes**  
(F)  
£3.40 | **Fish curry, coriander and lemon**  
(F, G, CR)  
£3.25 | **Harissa and lime roast chicken**  
(G, M, SD)  
£3.25 |
| **Buttermilk fried chicken, Frank’s Hot sauce, basil & garlic mayo**  
(M, E, G)  
£3.25 | **Korean noodles with garlic and ginger stir-fried vegetables and egg noodles**  
(G, S, E)  
£2.75 | **Keralan curry**  
(CE)  
£3.25 | **Pork belly, toasted fennel seed crust, herb salsa**  
(CE, SD)  
£3.25 | **Beer battered fish of the day**  
(G, F, E, SD)  
£3.25 |

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 20th January 2019

#### DINNER

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</table>
| **Golden squash, pepper and tomato gratin**  
(CE, G)  
£2.60 | **Stir fried vegetables, smoky sweet & sour BBQ sauce, green herbs & brown rice**  
( )  
£2.60 | **Chilli glazed tofu, cauliflower and steamed rice**  
(S, SE)  
£2.75 | **Tandoori Oumph!, tzatziki, pitta & salad**  
(S, SE)  
£3.25 | **Lightly spiced root vegetable casserole, herb dumplings**  
(CE, G, SD)  
£2.60 |
| **Shanghai-style vegetables, pak choi and steamed basmati**  
(S, SD)  
£2.75 | **Mushroom and spinach, walnut crumble**  
(M, G,N, CE)  
£2.60 | **Vegetable kebab, with herb bulgur wheat and pomegranate**  
(CE, G)  
£2.60 | **Butternut and kale lasagne**  
(M, G)  
£2.60 | **Pesto and olive crusted fish with lemon and caper butter**  
(F, G, SU, M)  
£2.75 |
| **Asian salmon & sweet potato tray bake**  
(CE, F, SE, S)  
£3.40 | **Zesty citrus haddock crushed potatoes, minted peas**  
(F, SU)  
£3.25 | **Chicken and chorizo kebab, with herb bulgur wheat and pomegranate**  
(CE, G)  
£3.25 | **Scampi and tartar sauce with lemon**  
(M, CR, E, G)  
£3.40 | **See the Friday Nights Specials Board and Facebook** |
| **Chargrilled pork chop, creamy bacon and leek sauce**  
(M, MU, SU)  
£3.40 | **Confit duck leg with star anise and orange sauce**  
(CE, SU)  
£3.40 | **Hoki with wild rice, oregano and fennel**  
(F)  
£3.40 | **Roast loin of pork with caramelised apple and cider jus**  
(M)  
£3.25 | |
| Celery CE  
Gluten G  
Crustaceans CR  
Lupin L | Egg E  
Fish F  
Molluscs MO  
Sulphites SD | Nuts N  
Pork PO  
Sesame SE  
Soya S |

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