Week Commencing 14th October 2019

**LUNCH**

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

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We welcome your comments, suggestions and feedback. You can leave yours here feedback.
## Week Commencing 14th October 2019

### DINNER

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

### Allergen Key:

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

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