



Week Commencing 15th October 2018



LUNCH

MONDAY

Mushroom Agedashi noodles

£2.50

(G, E, S)

Darwin fish pie with a pretzel and cheddar crust

£3.00

(M, G, MU, F)

Chilli con carne finished with 70% dark chocolate

£2.70

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Gluten free pasta with roasted pepper and tomato sauce

£2.50

(G, E, M, SD)

TUESDAY

Mediterranean stuffed peppers

£2.50

(M, N, G)

Smoked haddock fish cakes with creamed leeks

£3.00

(CE, G, F, SD)

Chicken, smoked bacon and bean stew with crispy sage

£2.70

(CE, M, SD)

Korean noodles with garlic and ginger stir-fried vegetables and egg noodles

£2.70

(G, S)

WEDNESDAY

Roasted pepper and applewood smoked cheese

quiche

£2.50

(G, E, M, N)

Pan roasted salmon with three tomatoes

£3.00

(F)

Spicy beef south African curry

£2.70

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Gluten free pasta with wild mushroom and mascarpone sauce

£2.50

(G, E, M, SD)

THURSDAY

Porcini mushroom bolognese with wholemeal

spaghetti

£2.50

(CE, G, M)

Fish curry, coriander and lemon

£3.00

(F, G, CR)

Pork belly, toasted fennel seed crust, herb salsa

£3.00

(CE, SD)

Blackened Aubergine veggie chilli

£2.70

(S, M, CE)

FRIDAY

Lentil and barley burger with spicy fruit salsa

£2.50

(M, E, G)

Deep fried fish with tartar sauce

£3.00

(G, F)

Harissa and lime roast chicken

£3.00

(G, M, S, SD)

Gluten free pasta with roasted butternut

£2.50

(G, E, M, SD)



If you have any allergies, please notify a member of staff
We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#)



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DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Golden squash, pepper and tomato gratin £2.50 <i>(M, G)</i></p>	<p>Mushroom and spinach, walnut crumble £2.50 <i>(M, G, CE)</i></p>	<p>Chilli glazed tofu, asparagus and steamed rice £2.50 <i>(S, SE)</i></p>	<p>Butternut and kale lasagne £2.50 <i>(M, G)</i></p>	<p>Lightly spiced root vegetable casserole, herb dumplings £2.50 <i>(CE)</i></p>
<p>Asian salmon & sweet potato tray bake £3.00 <i>(CE, F, SE, S)</i></p>	<p>Zesty citrus haddock crushed potatoes, minted peas £3.00 <i>(F, SU)</i></p>	<p>Hoki with wild rice, oregano and fennel £3.00 <i>(F)</i></p>	<p>Scampi and tartar sauce with lemon £3.40 <i>(M, CR, G)</i></p>	<p>Pesto and olive crusted fish with lemon and caper butter £3.00 <i>(F, G, SU, M)</i></p>
<p>Shanghai-style chicken, pak choi and steamed basmati £3.40 <i>(S, SD)</i></p>	<p>Indonesian beef rendang £3.00 <i>()</i></p>	<p>Chicken and chorizo kebab, with herb bulger wheat and pomegranate £3.00 <i>(CE, G)</i></p>	<p>Panko fried chilli chicken, egg noodles, and toasted peanuts £3.40 <i>(SE, S, G, E, M)</i></p>	<p>See the Friday Nights Specials Board and Facebook</p>
<p>Chargrilled pork chop, creamy bacon and leek sauce £2.70 <i>(M, MU)</i></p>	<p>Confit duck leg with star anise and orange sauce £3.40 <i>(CE, SU)</i></p>	<p>Lamb kebab with mint pesto and smoked paprika potatoes £3.40 <i>(G)</i></p>	<p>Roast loin of pork with caramelised apple and cider jus £3.00 <i>(M)</i></p>	

Allergen Key:

Celery <i>CE</i>	Egg <i>E</i>	Nuts <i>N</i>	Pork <i>PO</i>	Peanuts <i>P</i>
Gluten <i>G</i>	Fish <i>F</i>	Molluscs <i>MO</i>	Milk <i>M</i>	Sesame <i>SE</i>
Crustaceans <i>CR</i>	Lupin <i>L</i>	Sulphites <i>SD</i>	Mustard <i>MU</i>	Soya <i>S</i>

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