Week Commencing 09\textsuperscript{th} 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 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 |

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 December 2019

## 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)  
£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)  
£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 | See the Friday Nights Specials Board and Facebook |
| Cajun spiced chicken, pinto beans and piri piri mayo  
(G, 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**
- **Lupin L**
- **Nuts N**
- **Molluscs MO**
- **Sulphites SD**
- **Pork PO**
- **Milk M**
- **Mustard MU**
- **Peanuts P**
- **Sesame SE**
- **Soya S**

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