**Week Commencing 25th November 2019**

### LUNCH

#### MONDAY

- **Tahini roasted cauliflower with lemony herb oil**
  - (N, P, SE)
  - £2.60

- **Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun**
  - (M, G, E, MU)
  - £3.25

- **Roast Pollock with olive oil mash and gremolata**
  - (F, M)
  - £3.40

- **Pan-fried chicken with lemon, caper, marsala caramelised butter sauce**
  - (SD, M)
  - £2.60

#### TUESDAY

- **Roasted fried aubergine with katsu curry sauce**
  - (G, S, CE)
  - £2.60

- **Portobello mushroom with watercress leeks and goats cheese**
  - (M)
  - £2.75

- **Pasta bar**
  - Ask for details
  - (G, E)
  - £2.60

#### WEDNESDAY

- **Onion pakoras with avocado dipping sauce**
  - (G)
  - £2.60

- **Sea trout with clam chowder and smoked pancetta**
  - (F, MO, M, CR)
  - £3.40

- **Chicken masala curry**
  - ()
  - £3.25

#### THURSDAY

- **Sugar snap pea and carrot with basmati rice**
  - (G, SE, S)
  - £2.60

- **Cajun spiced seabass with charred sweetcorn, pink grapefruit**
  - (F, G, M)
  - £3.40

- **Pork and apple burger with brioche bun and yuzu remoulade**
  - (G, E, M, MU, SD)
  - £3.25

#### FRIDAY

- **Vegetable tagine and saffron cous cous**
  - (G, CE)
  - £2.60

- **Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde**
  - (M, SD, CE, MU)
  - £2.60

- **Beer battered fish of the day with tartare sauce**
  - (F, G, M, SD)
  - £3.25

- **Piri Piri chicken skewer with lime and turmeric rice**
  - (S, CE)
  - £3.40

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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 25th November 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>Beetroot and red wine risotto <em>(SD)</em></td>
<td>Chickpea falafel with red pepper and walnut paste, khobez flatbread <em>(N, P, SE, G, L)</em></td>
<td>Onion pakoras with avocado dipping sauce <em>(G)</em></td>
<td>Yellow Thai vegetable curry with kaffir lime leaf and toasted coconut rice <em>(L)</em></td>
<td>Sprouting broccoli with cashew and soy dressing, and pea shoots <em>(N, MU, S, SE)</em></td>
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<td>Roasted carrots with marmite butter, sourdough and herb crumb <em>(G, M)</em></td>
<td>Crispy chilli Quorn stir-fry <em>(S, SE)</em></td>
<td>Mushroom risotto with tender stem broccoli <em>(SD, CE, M)</em></td>
<td>Lentil moussaka with pinenut béchamel and smoked cheddar <em>(G, M, N, E)</em></td>
<td>Fish burrito with avocado, chilli and lime salsa <em>(F, G, E, M)</em></td>
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<tr>
<td>Lime crusted catfish with creamy herb puy lentils <em>(G, F, M)</em></td>
<td>Tiger prawn with butternut, pak choi and kombu broth and egg noodles <em>(G, CR)</em></td>
<td>Tunisian fish stew with harissa, mint and new potatoes <em>(F, S, CR)</em></td>
<td>Hake fillet with fennel, garlic and white wine <em>(F, M, SD)</em></td>
<td>See the Friday Nights Specials Board and Facebook</td>
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<td>Turkey with peppercorn and Worcestershire cream sauce <em>(F, M)</em></td>
<td>12 hour braised pork brisket with sweet tamarind, soy noodles <em>(G, E, S, SE, CE)</em></td>
<td>Black treacle and coffee brined pork belly slices with rice and black beans <em>(L)</em></td>
<td>Beer battered calamari with smoked sea salt, chilli jam and lime <em>(G, MU, F, CR)</em></td>
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**Allergen Key:**

- **GREEN = VEGAN**
- **Gluten G**
- **Fish F**
- **Milk M**
- **Mustard MU**
- **Pork PO**
- **Peanuts P**
- **Sesame SE**
- **Soya S**
- **Celery CE**
- **Crustaceans CR**
- **Egg E**
- **Lupin L**
- **Molluscs MO**
- **Sulphites SD**

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Week 4
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