**Week Commencing 22nd October 2018**

**LUNCH**

**MONDAY**
- **Tahini roasted cauliflower with lemony herb oil**
  - £2.50
  - (N, P, SE)
- Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun
  - £2.70
  - (M, G, E, MU)
- **Roast cod with olive oil mash and gremolata**
  - £3.00
  - (F, M)
- **Pan-fried chicken with lemon, caper, marsala caramelised butter sauce**
  - £3.00
  - (SD, M)

**TUESDAY**
- **Panko fried aubergine with katsu curry sauce**
  - £2.50
  - (E, M, G, S, CE)
- **Pasta bar**
  - £2.50
  - ()
- **Baked Salmon with pea and mint houmous with lemon**
  - £3.40
  - (F, SE, P, N, M)

**WEDNESDAY**
- **Onion pakoras with avocado dipping sauce**
  - £2.50
  - (G)
- **Portobello mushroom with watercress leeks and goats cheese**
  - £2.70
  - (M)
- **Red mullet with clam chowder and smoked pancetta**
  - £3.40

**THURSDAY**
- **Sugar snap pea and carrot soba noodles**
  - £2.50
  - (G, SE, S, E)
- **Pasta bar**
  - £2.50
  - ()
- **Cajun spiced seabass with charred sweetcorn, pink grapefruit**
  - £3.40

**FRIDAY**
- **Vegetable tagine and saffron cous cous**
  - £2.50
  - ()
- **Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde**
  - £2.710
  - (M, SD, CE, MU)
- **Beer battered haddock**
  - £3.00

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 22nd October 2018

#### DINNER

<table>
<thead>
<tr>
<th>DAY</th>
<th>MEAL</th>
<th>PRICE</th>
<th>ALLERGENS</th>
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</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>Beetroot houmous, crispy chickpea sub and basil pesto</td>
<td>£2.70</td>
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<td>Roasted carrots with marmite butter, sourdough and herb crumb</td>
<td>£2.50</td>
<td>(G, M)</td>
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<td></td>
<td>Lime crusted salmon with creamy herb puy lentils</td>
<td>£3.00</td>
<td>(G, F, M)</td>
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<td></td>
<td>Crispy chilli beef stir-fry</td>
<td>£2.70</td>
<td>(S, SE)</td>
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<td><strong>TUESDAY</strong></td>
<td>Chickpea falafel with red pepper and walnut paste, khobez flatbread</td>
<td>£2.50</td>
<td>(N, P, SE)</td>
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<td></td>
<td>Charred pork with peppercorn and Worcestershire cream sauce</td>
<td>£2.70</td>
<td>(F, M)</td>
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<td>Tiger prawn with butternut, pak choi and kombu broth and egg noodles</td>
<td>£3.00</td>
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<td>12 hour braised brisket with sweet tamarind, soy noodles</td>
<td>£3.00</td>
<td>(S, SE, CE)</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td>Toasted ciabatta with tomato, mozzarella, garlic rapeseed oil and nut free pesto</td>
<td>£2.50</td>
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<td>Chorizo and butter bean stew with cheddar and jalapeno bread</td>
<td>£2.50</td>
<td>(G, CE, M)</td>
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<td>Tunisian fish stew with harissa, mint and new potatoes</td>
<td>£3.00</td>
<td>(F)</td>
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<td>Black treacle and coffee brined pork belly slices with rice and black beans</td>
<td>£3.00</td>
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<td><strong>THURSDAY</strong></td>
<td>Yellow Thai vegetable curry with kaffir lime loaf and toasted coconut rice</td>
<td>£2.70</td>
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<td>Beer battered calamari with smoked sea salt, chilli jam and lime</td>
<td>£3.00</td>
<td>(G, MU, F, CR)</td>
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<td>Hake fillet with fennel, garlic and white wine</td>
<td>£3.00</td>
<td>(F, M, SD)</td>
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<td>Lamb moussaka with pinenut béchamel and smoked cheddar</td>
<td>£2.70</td>
<td>(G, M, N, E)</td>
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<td><strong>FRIDAY</strong></td>
<td>Sprouting broccoli with cashew and soy dressing, Greek yoghurt and pea shoots</td>
<td>£2.50</td>
<td>(N, MU, S, M, SE)</td>
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<td></td>
<td>Fish burrito with avocado, chilli and lime salsa</td>
<td>£3.00</td>
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#### Allergen Key:
- Celery CE
- Gluten G
- Fish F
- Crustaceans CR
- Egg E
- Nuts N
- Molluscs MO
- Sulphites SD
- Pork PO
- Milk M
- Mustard MU
- Peanuts P
- Sesame SE
- Soya S

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