### Week Commencing 09th March 2020

#### LUNCH

<table>
<thead>
<tr>
<th>DAY</th>
<th>Dishes</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>Mushroom stroganoff with herb rice</strong></td>
<td>(CE, MU)</td>
<td>£2.60</td>
</tr>
<tr>
<td></td>
<td><strong>Chargrilled jerk pork steak with papaya and mango salsa</strong></td>
<td></td>
<td>£3.25</td>
</tr>
<tr>
<td></td>
<td><strong>Gnocchi with spinach pesto and mascarpone</strong></td>
<td>(G, N, M)</td>
<td>£2.75</td>
</tr>
<tr>
<td></td>
<td><strong>Gluten free crispy hake with yuzu aioli and rocket salad</strong></td>
<td>(F, E, MU)</td>
<td>£3.40</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>Green Thai tofu curry rice bowl, lime and coriander</strong></td>
<td>(S)</td>
<td>£3.40</td>
</tr>
<tr>
<td></td>
<td><strong>Pasta bar</strong></td>
<td>(G, E)</td>
<td>£2.60</td>
</tr>
<tr>
<td></td>
<td><strong>Pan fried sea trout with pearl barley risotto, tender stem broccoli and lemon</strong></td>
<td>(F, G, CE)</td>
<td>£2.40</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>Salt &amp; pepper tempura tofu with pak Choi, bean sprouts and toasted peanuts</strong></td>
<td>(G, S, N)</td>
<td>£3.40</td>
</tr>
<tr>
<td></td>
<td><strong>Cauliflower and macaroni cheese, topped with tomato and nut crumb</strong></td>
<td>(MU, N, M)</td>
<td>£2.60</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td><strong>Sweet potato &amp; black bean burger with cashew milk dressing</strong></td>
<td>(N, G)</td>
<td>£2.60</td>
</tr>
<tr>
<td></td>
<td><strong>Pasta bar</strong></td>
<td>(G, E)</td>
<td>£3.60</td>
</tr>
<tr>
<td></td>
<td><strong>Mozambican BBQ chicken with lime, red onion, chilli and coriander</strong></td>
<td>()</td>
<td>£2.75</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td><strong>Aubergine stuffed with quinoa and vegetables</strong></td>
<td>(CE, G)</td>
<td>£2.75</td>
</tr>
<tr>
<td></td>
<td><strong>Penne pasta with leeks, smoked garlic and wild mushrooms</strong></td>
<td>(G, M, E)</td>
<td>£2.60</td>
</tr>
<tr>
<td></td>
<td><strong>Chicken breast topped with black olive tapenade and mozzarella on wilted spinach</strong></td>
<td>()</td>
<td>£3.25</td>
</tr>
<tr>
<td></td>
<td><strong>Beer battered fish of the day</strong></td>
<td>(G, F, MU)</td>
<td>£2.60</td>
</tr>
</tbody>
</table>

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 March 2020

## DINNER

### MONDAY
- **Chunky ratatouille, salsa verde & lemon oil** *(SD)*  
  £2.60
- **Leek and butternut pasta gratin** *(G, M, E)*  
  £2.75
- **Sea trout, black sesame seeds, ponzu sauce and pak choi** *(F, SE, S, CE)*  
  £3.40
- **Cajun spiced chicken, pinto beans and piri piri mayo** *(E, MU)*  
  £3.25

### TUESDAY
- **Sicilian aubergine stew, couscous and toasted almonds** *(SD, N)*  
  £2.60
- **Pasta bar** *(G, E)*  
  £2.60
- **Cornish crab linguine with fennel, lemon and pea shoots** *(CR, G, E, M)*  
  £3.25
- **Baby back pork ribs marinated with honey, rosemary and mustard** *(SD, MU)*  
  £3.40

### WEDNESDAY
- **Masala dosa, spiced lentils, potato, toasted seeds on nann bread** *(N, SE, MU, G, CE)*  
  £2.75
- **Stir-fried vegetable Pad Thai with noodles with a sweet tamarind sauce** *(G, SE, SD, S)*  
  £2.60
- **Roasted salmon penne pasta and broccoli** *(F, G, M)*  
  £3.25
- **Sri Lankan curry with toasted almonds and yoghurt** *(S, G, N)*  
  £3.25

### THURSDAY
- **Wild mushroom tagliatello risotto with white truffle oil** *(M, SD, CE)*  
  £2.60
- **Vegetable and bean chilli, guacamole and nachos** *(CE, MU, G)*  
  £2.75
- **Roast chicken quarter, cranberry shiraz relish, with stuffing and gravy** *(G, CE)*  
  £3.25
- **Salmon coulibiac with hollandaise sauce** *(F, E, G, MU)*  
  £3.40

### FRIDAY
- **Pepper, spinach and coconut curry with crispy kale** *(SD)*  
  £2.60
- **Darwin venison burger, bun, homemade burger sauce, tomato, baby gem and monetary jack cheese** *(G, E, CE, M)*  
  £3.40

### Friday Nights Specials Board and Facebook

**See the Friday Nights Specials Board and Facebook**

---

**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**

---

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]