**Week Commencing 10th February 2020**

### LUNCH

**MONDAY**
- **Mushroom stroganoff with herb rice**
  - CE, MU
  - £2.60
- **Chargrilled jerk pork steak with papaya and mango salsa**
  - £3.25
- **Gnocchi with spinach pesto and mascarpone**
  - G, N, M
  - £2.75
- **Gluten free crispy hake with yuzu aioli and rocket salad**
  - F, E, MU
  - £3.40

**TUESDAY**
- **Green Thai tofu curry rice bowl, lime and coriander**
  - S
  - £3.40
- **Pasta bar**
  - G, E
  - £2.60
- **Pan fried sea trout with pearl barley risotto, tender stem broccoli and lemon**
  - F, G, CE
  - £2.40
- **Cumberland sausage ring, mustard glaze**
  - G, SD, MU, CE
  - £2.60

**WEDNESDAY**
- **Salt & pepper tempura tofu with pak choi, bean sprouts and toasted peanuts**
  - G, S, N
  - £3.40
- **Cauliflower and macaroni cheese, topped with tomato and nut crumb**
  - MU, N, M
  - £2.60
- **Sri Lankan curry with toasted almonds and yoghurt**
  - S, G, N
  - £3.25
- **Roast haddock fillet with feta mash, roasted prawn veloute**
  - F, M, CR
  - £3.40

**THURSDAY**
- **Sweet potato & black bean burger with cashew milk dressing**
  - N, G
  - £2.60
- **Pasta bar**
  - G, E
  - £2.60
- **Mozambican BBQ chicken with lime, red onion, chilli and coriander**
  - I
  - £2.75
- **Breaded harissa cod with lemon and red onion and coriander cous cous**
  - M, E, G, F, MU
  - £3.40

**FRIDAY**
- **Aubergine stuffed with quinoa and vegetables**
  - CE, G
  - £2.75
- **Penne pasta with leeks, smoked garlic and wild mushrooms**
  - G, M, E
  - £2.60
- **Chicken breast topped with black olive tapenade and mozzarella on wilted spinach**
  - M
  - £3.25
- **Beer battered fish of the day**
  - G, F, MU
  - £2.60

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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](#).
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**DINNER**

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<th>MONDAY</th>
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| Chunky ratatouille, salsa verde & lemon oil  
(SD)  
£2.60 | Sicilian aubergine stew, cous cous 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, SD, CE)  
£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, G)  
£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 |  |
| Cajun spiced chicken, pinto beans and piri piri mayo  
(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
- Fish F
- Crustaceans CR
- Egg E
- Nuts N
- Molluscs MO
- Lupin L
- Sulphites SD
- Pork PO
- Milk M
- Mustard MU
- Peanuts P
- Sesame SE
- Soya S

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