



# Week Commencing 23<sup>rd</sup> April 2018



## LUNCH

### MONDAY

Vegetable and Quorn lasagne

**£2.35**  
(CE, G, M)

Grilled Seatrout with Balsamic Onion Glaze

**£2.90**  
(F, SD)

Turkey Milanese with tomato sauce and spaghetti

**£2.60**  
(G, E, M)

Rib Eye Steak with peppercorn sauce

**£3.30**  
(M, SD)

### TUESDAY

Beetroot, pumpkin and goat's cheese tarte tatin

**£2.35**  
(M, G, E)

Braised Italian style cod loin

**£2.90**  
(F, SD)

Caribbean Chicken with Mango and Rice

**£2.60**  
(CE, M)

Gluten free pasta bar

**£2.35**  
(ask for details)

### WEDNESDAY

Sundried Tomato and Red pepper risotto with rocket salad

**£2.60**   
(CE)

Quorn Enchiladas with rice and corn salad

**£2.35**   
(G)

Fillet of Hake with Veronique sauce

**£2.90**  
(E, F, M, MU, SD)

Kashmir Lamb curry

**£2.35**  
(M, N)

### THURSDAY

Polenta and Parmesan fritters with apple relish

**£2.35**  
(CE, M)

Mustard-Grilled Scandinavian Seatrout

**£2.90**  
(F, MU)

Steak and Ale pie with puff pastry crust

**£2.60**  
(G, CE, E)

Gluten free pasta bar

**£2.35**  
(ask for details)

### FRIDAY

Mixed bean falafel, soy mayonnaise, beetroot houmous

**£2.35**   
(CE, G)

Beer Battered Haddock, tartar sauce and lemon

**£2.90**  
(G, M, E, SD, F, MU)

Hoisin Chicken kebab with noodles and cucumber

**£2.60**  
(G, S)

Crispy Catfish with cucumber pickle banh mi

**£2.60**  
(F, E, M, SD, S)



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 23<sup>rd</sup> April 2018



## DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bean and Tomato chilli corn pie</b> <b>£2.35</b> <i>(G, E, M, SD)</i>	<b>Wild Mushroom Gnocchi with goats cheese</b> <b>£2.35</b> <i>(CE, G, E, M)</i>	<b>Carrot Cakes with harissa yoghurt and flat bread</b> <b>£2.35</b> <i>(CE, G, E, F, M, SD)</i>	<b>Bean and Spinach korma</b> <b>£2.35</b> <i>(CE, G, MU, N)</i> 	<b>Quorn and Bean gumbo</b> <b>£2.35</b> <i>(CE, G)</i> 
<b>Malay-style braised fish</b> <b>£2.90</b> <i>(C, CR, F, S)</i>	<b>Smoked Haddock with chive and mussel risotto</b> <b>£2.90</b> <i>(CE, F, M)</i>	<b>Teriyaki Hoki With stir-fried veg and sesame</b> <b>£2.90</b> <i>(CE, G, SE, S)</i>	<b>Nori Crusted Salmon</b> <b>£2.90</b> <i>(F, M, SE)</i>	<b>Breaded Fish fillet with herb mayonnaise</b> <b>£2.90</b> <i>(G, E, M, SE)</i>
<b>Irish Coddled pork with cider</b> <b>£2.60</b> <i>(CE, SD)</i>	<b>Lamb filo pie</b> <b>£2.60</b> <i>(G, CE, M)</i>	<b>Duck tagine with clementine's</b> <b>£2.60</b> <i>(SE)</i>	<b>Daube of Pork</b> <b>£2.60</b> <i>(CE, SD)</i>	<b>Spaghetti Bolognese</b> <b>£2.60</b> <i>(CE, G, SD)</i>
<b>Caramel Chilli Chicken</b> <b>£2.60</b> <i>(CR, F, MO)</i>	<b>Pork Loin Steak with onion rings and sweet corn</b> <b>£2.60</b> <i>(G, E, M)</i>	<b>Coq au vin</b> <b>£2.60</b> <i>(CE, G, M, SD)</i>	<b>Half Roast Chicken with bread sauce and natural jus</b> <b>£2.60</b> <i>(CE, SD)</i>	<b>Moroccan Turkey with salad and flat bread</b> <b>£2.60</b> <i>(G, L, M)</i>

Allergen Key:

Celery *CE*  
 Gluten *G*  
 Crustaceans *CR*  
 Molluscs *MO*

Egg *E*  
 Fish *F*  
 Lupin *L*

Nuts *N*   
 Vegan 

Pork *PO*  
 Milk *M*  
 Mustard *MU*

Peanuts *P*  
 Sesame *SE*  
 Soya *S*  
 Sulphites *SD*

If you have any allergies, please notify a member of staff  
 We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#)