



Week Commencing 13th August 2018



LUNCH

MONDAY

Mushroom stroganoff,
crème fraiche with herb rice
£2.35

(M)

Chargrilled pork with
papaya and
pineapple salsa
£2.60

(G)

Gnocchi
with spinach pesto and
mascarpone
£2.60

(G, N, M)

Gluten free crispy hake
with yuzu aioli and rocket
salad
£2.90

(F, E, MU)

TUESDAY

Leek, kale and gruyere tart
with fried rocket
£2.35

(M, G, E)

Beef bourguignon with
smoked sea salt sour dough
croutons
£2.60

(SE, G)

Pan fried sea trout with
pearl barley risotto, tender
stem broccoli and lemon
£2.80

(F, G)

Gluten free pasta with
tomato and pepper sauce
£2.35

(E, M)

WEDNESDAY

Cauliflower and macaroni
cheese, topped with tomato
and brioche crumb
£2.35

(G, M)

Benghli lamb curry with
toasted almonds and
yoghurt
£2.60

(MU, N, M)

Salt & pepper tempura tofu
with pak choi, bean sprouts
and toasted peanuts
£2.60

(S, G, N)

Roast haddock fillet
with feta mash, roasted
prawn veloute
£2.90

(F, M, CR)

THURSDAY

Sweet potato & black bean
burger with cashew milk
dressing
£2.35

(N)

Mozambican BBQ chicken
with lime, red onion, chilli
and coriander
£2.60

(S)

Breaded harissa cod
with lemon and red onion
and coriander cous cous
£2.90

(M, E, G, F, MU)

Gluten free pasta creamy
wild mushroom sauce
£2.35

(E, M)

FRIDAY

Penne pasta
with leeks, smoked garlic
and wild mushrooms
£2.35

(CE, G)

Cuban baguette with fried
onions
£2.60

(M, E, G)

Chicken breast topped with
black olive tapenade and
mozzarella on wilted
spinach
£2.60

(M, N)

Deep fried fish
with homemade tartar
sauce
£2.90

(G, F, MU)





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DINNER

MONDAY

CLOSED

TUESDAY

CLOSED

WEDNESDAY

CLOSED

THURSDAY

CLOSED


FRIDAY

CLOSED

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](#)