Week Commencing 27th January 2020

**LUNCH**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Tahini roasted cauliflower with lemony herb oil**  
(N, P, SE)  
£2.60 | **Roasted fried aubergine with katsu curry sauce**  
(g, S, CE)  
£2.60 | **Onion pakoras with avocado dipping sauce**  
(g)  
£2.60 | **Sugar snap pea and carrot with basmati rice**  
(g, SE, S)  
£2.60 | **Vegetable tagine and saffron cous cous**  
(g, CE)  
£2.60 |
| **Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun**  
(M, G, E, MU)  
£3.25 | **Pasta bar**  
Ask for details  
(g, E)  
£2.60 | **Portobello mushroom with watercress leeks and goats cheese**  
(M)  
£2.75 | **Pasta bar**  
Ask for details  
(g, E)  
£2.60 | **Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde**  
(M, SD, CE, MU)  
£2.60 |
| **Roast Pollock with olive oil mash and gremolata**  
(F, M)  
£3.40 | **Baked Hoki with pea and mint houmous with lemon**  
(F, SE, P, N, M)  
£3.40 | **Sea trout with clam chowder and smoked pancetta**  
(F, MO, M, CR)  
£3.40 | **Cajun spiced seabass with charred sweetcorn, pink grapefruit**  
(F, Su, M)  
£3.40 | **Beer battered fish of the day with tartare sauce**  
(F, G, M, SD)  
£3.25 |
| **Pan-fried chicken with lemon, caper, marsala caramlised butter sauce**  
(SD, M)  
£2.60 | **Venison meatballs with feta, tomato and toasted pine nut bake**  
(M, G, E, SU, N)  
£3.40 | **Chicken masala curry**  
()  
£3.25 | **Pork and apple burger with brioche bun and yuzu remoulade**  
(G, E, M, MU, SD)  
£3.25 | **Piri Piri chicken skewer with lime and turmeric rice**  
(S, CE)  
£3.40 |

Dishes may change at short notice, if you have any allergies, please notify a member of staff.
We welcome your comments, suggestions and feedback. You can leave yours here feedback.
### DINNER

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<tbody>
<tr>
<td>Beetroot and red wine risotto</td>
<td>Chickpea falafel with red pepper and walnut paste, khobez flatbread</td>
<td>Onion pakoras with avocado dipping sauce</td>
<td>Yellow Thai vegetable curry with kaffir lime leaf and toasted coconut rice</td>
<td>Sprouting broccoli with cashew and soy dressing, and pea shoots</td>
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<tr>
<td>(£2.60)</td>
<td>(£2.75)</td>
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<tr>
<td>Roasted carrots with marmite butter, sourdough and herb and nut crumb</td>
<td>Crispy chilli Quorn stir-fry</td>
<td>Mushroom risotto with tender stem broccoli</td>
<td>Lentil moussaka with pinenut béchamel and smoked cheddar</td>
<td>Fish burrito with avocado, chilli and lime salsa</td>
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<td>(£2.60)</td>
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<tr>
<td>Lime crusted catfish with creamy herb puy lentils</td>
<td>Tiger prawn with butternut, pak choi and kombu broth and egg noodles</td>
<td>Tunisian fish stew with harissa, mint and new potatoes</td>
<td>Hake fillet with fennel, garlic and white wine</td>
<td>See the Friday Nights Specials Board and Facebook</td>
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<td>(£3.40)</td>
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<tr>
<td>Turkey with peppercorn and Worcestershire cream sauce</td>
<td>12 hour braised pork brisket with sweet tamarind, soy noodles</td>
<td>Black treacle and coffee brined pork belly slices with rice and black beans</td>
<td>Beer battered calamari with smoked sea salt, chilli jam and lime</td>
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<tr>
<td>(£3.25)</td>
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<td><strong>Allergen Key:</strong></td>
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<tr>
<td>GREEN = VEGAN</td>
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<tr>
<td>Celery CE</td>
<td>Egg E</td>
<td>Nuts N</td>
<td>Pork PO</td>
<td>Peanuts P</td>
</tr>
<tr>
<td>Gluten G</td>
<td>Fish F</td>
<td>Molluscs MO</td>
<td>Milk M</td>
<td>Sesame SE</td>
</tr>
<tr>
<td>Crustaceans CR</td>
<td>Lupin L</td>
<td>Sulphites SD</td>
<td>Mustard MU</td>
<td>Soya S</td>
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