### Week Commencing 03rd February 2020

#### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
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| Mushroom and madeira stew, crushed and pickled walnuts and lemon oil polenta *(N, CE)*  
£3.00  
Pasta bar *(G, E)*  
£2.60 | Butternut squash and sage macaroni *(L, G)*  
£2.60  | Field mushroom, sundried tomato, pesto, coleslaw in a pretzel burger bun *(G, N, SD)*  
£2.60  | Cajun tomato, roasted courgette and kidney bean risotto *(CE, G)*  
£2.60  | Sweet potato, black bean and chipotle enchiladas with avocado and lime dressing *(G, M)*  
£2.75  |
| Swedish meatballs with dill mash *(G, M, F, MU)*  
£2.70  | Tomato, dill, black olive and orzo *(SD, G, M)*  
£2.75  | Pasta bar *(G, E)*  
£2.60  | Sweet red onion and cauliflower tart with green salad *(M, E, G, N, L)*  
£2.60  | Mushroom and butternut dhal with fried egg and coriander *(E, N)*  
£2.60  |
| Grilled miso salmon and kombu rice noodles *(F, E, S, SE)*  
£3.40  | Smoked mackerel and sweet potato burger with caper and gherkin relish *(F, E, M, MU, SD, G)*  
£3.40  | Chicken Malabar curry *(MU)*  
£3.25  | Chicken and black bean sauce with fried rice *(SO, S, E)*  
£3.25  | Beer battered fish of the day with tartare sauce *(F, G, SD, E)*  
£3.25  |
| Chicken souvlaki with lemon and walnut tahini *(CE, M, N, P, G, SE)*  
£2.75  | Chicken Malabar curry *(MU)*  
£3.25  | Piotr’s pork schnitzel à la Norma *(E, M, G, SD)*  
£2.75  | Pan-fried hake with wild garlic sauce and crispy leeks *(F, M, SD)*  
£3.40  | Char Siu duck Asian slaw and black vinegar *(S, G, SE, SD)*  
£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.
**Week Commencing 03rd February 2020**

**DINNER**

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<tr>
<td>Crispy tofu rice bowl with soy lime dressing (S, SE) £3.25</td>
<td>Sweet potato and chickpea curry with toasted almond and turmeric rice (SD, CE, N, MU) £2.60</td>
<td>Pulled jack fruit burger (G, S) £2.60</td>
<td>Smokey cannellini beans, garlic sourdough toast &amp; avocado (G) £2.60</td>
<td>Vegan Margherita pizza (G) £2.60</td>
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<tr>
<td>Miso, maple &amp; aubergine burger, Asian herb salad (S, G, E, M, N) £2.60</td>
<td>Celeriac, potato and beetroot gratin (M, MU, CE) £2.75</td>
<td>Fried halloumi. Warm harissa chickpea and rice salad, lemon &amp; yoghurt (M, S) £2.75</td>
<td>Tofu Laksa, noodles, bean shoots, lime and coriander (S, G) £2.75</td>
<td>Stuffed beef tomato with coconut vegetables (M, G, MU) £2.60</td>
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<tr>
<td>Sri Lankan chicken kottu (E, G, MU, CE) £3.25</td>
<td>Plaice with broad bean &amp; green herb kedgeree (CE, E, M) £3.40</td>
<td>Tom Yum seafood soup with egg noodles (F, CR, G, E, S) £3.25</td>
<td>Smoked cod loin. Creamed spinach &amp; bacon (G, SD, F, M) £3.40</td>
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<tr>
<td>Pollack, fennel, potato &amp; olive bake, lemon dressing (F, SD) £3.40</td>
<td>Ground pork tacos with Pico de Gallo &amp; Monterey Jack (CE, G, M) £3.25</td>
<td>Thai minced turkey with garlic and basil (MO, S) £2.75</td>
<td>Honey roast gammon, roasted sweet potato &amp; parsley sauce (CE, SD, G, MU, M) £3.25</td>
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**See the Friday Nights on Facebook**

_**Allergen Key:**_  
Celery CE  
Gluten G  
Crustaceans CR  
Egg E  
Fish F  
Lupin L  
Nuts N  
Molluscs MO  
Pork PO  
Milk F  
Sesame SE  
Peanuts P  
Soy S

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