



# Week Commencing 22<sup>nd</sup> May 2017



## LUNCH

### MONDAY

Mushroom stroganoff,  
crème fraiche with herb rice  
£2.30

(M)

Chargrilled jerk pork steak  
with papaya and  
mango salsa  
£2.55

(G)

Gnocchi  
with smoked pancetta  
lardons, spinach pesto and  
mascarpone  
£2.55

(G, N, M)

Gluten free crispy hake  
with yuzu aioli and rocket  
salad  
£2.80  
(F, E, MU)

### TUESDAY

Leek, kale and gruyere tart  
with fried rocket  
£2.30

(M, G, E)

Beef bourguignon with  
smoked sea salt sour dough  
croutons  
£2.55

(SE, G)

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

(F, G)

Gluten free pasta bar  
£2.30  
(E, M)

### WEDNESDAY

Cauliflower and macaroni  
cheese, topped with tomato  
and brioche crumb  
£2.30  
(G, M)

Benghli lamb curry with  
toasted almonds and  
yoghurt  
£2.55

(MU, N, M)

Salt & pepper tempura tofu  
with pak choi, bean sprouts  
and toasted peanuts  
£2.55

(S, G, N)

Roast haddock fillet  
with feta mash, roasted  
prawn veloute  
£2.80  
(F, M, CR)

### THURSDAY

Butternut squash & black  
bean burger with cashew  
milk dressing  
£2.30  
(N)



Mozambican bbq chicken  
with lime, red onion, chilli  
and coriander  
£2.55

(S)

Breaded harissa cod  
with lemon and red onion  
and coriander cous cous  
£2.80

(M, E, G, F, MU)

Gluten free pasta bar  
£2.30  
(E, M)

### FRIDAY

Penne pasta  
with leeks, smoked garlic  
and wild mushrooms  
£2.30  
(CE, G)



Cuban choripan baguette  
with fried onions  
£2.75

(M, E, G)

Chicken breast topped with  
black olive tapenade and  
mozzarella on wilted spinach  
£2.55  
(M, N)

Deep fried fish  
with homemade tartar sauce  
£2.80  
(G, F, MU)





If you 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Leek and butternut pasta gratin</b> £2.30 (G, M, E)	<b>Florentine</b> £2.30 (M, E)	<b>Marsal dosa, spiced lentils, potato, toasted seeds on nann bread</b> £2.30 (N, SE, MU, G, CE)	<b>Wild mushroom tagleggio risotto with white truffle oil</b> £2.30 (M)	<b>Pepper, spinach and coconut curry with crispy kale</b> £2.55 (I) 
<b>Pulled beef pasta with ragu sauce</b> £2.55 (G, E, SD, MU)	<b>Cornish crab linguine with fennel, lemon and pea shoots</b> £2.80 (CR, G, E, M)	<b>Stir-fried chicken Pad Thai with noodles with a sweet tamarind sauce</b> £2.55 (G, SE, SD, S)	<b>Bulgogi beef, toasted sesame seeds</b> £2.55 (SE, S, G)	<b>Darwin burger bun, homemade burger sauce, tomato, baby gem and monetary jack cheese</b> £2.55 (G, E, CE, M)
<b>Sea trout, black sesame seeds, ponzu sauce and pak choi</b> £2.80 (F, SE, S, CE)	<b>Baby back pork ribs Marinated with honey, rosemary and mustard</b> £2.55 (SD, MU)	<b>Roasted salmon penne pasta, Asparagus and broccoli</b> £2.80 (F, G, M)	<b>Vegetable and bean chilli, guacamole and nachos</b> £2.55 (CE, MU) 	<b>Pan fried plaice, puy lentils, spinach with a caper sauce</b> £2.80 (F, M)
<b>Cajun spiced chicken, pinto beans and piri piri mayo</b> £2.55 (G, E, MU)	<b>Roast chicken quarter, cranberry shiraz relish, with stuffing and gravy</b> £2.55 (G, CE)	<b>Confit duck leg with roasted apples, celeriac and honey and gravy</b> £2.80 (I)	<b>Salmon coulbiac with hollandaise sauce</b> £2.80 (F, E, G, MU)	<b>Ricotta and mozzarella pizza with pecorino, sun blush tomato, basil and extra virgin olive oil</b> £2.30 (G, M, SD)

Allergen Key:

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

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

Nuts **N**   
 Vegan **V**

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

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

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