## Week Commencing 06th November 2017

### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetable and Quorn lasagne</strong>&lt;br&gt;£2.35 <em>(CE, G, M)</em></td>
<td><strong>Beetroot, pumpkin and goat's cheese tarte tatin</strong>&lt;br&gt;£2.35 <em>(M, G, E)</em></td>
<td><strong>Falafel with houmous cucumber yoghurt, red onion and chopped tomato</strong>&lt;br&gt;£2.60 <em>(G, I, M)</em></td>
<td><strong>Polenta and parmesan fritters with apple relish</strong>&lt;br&gt;£2.35 <em>(CE, M)</em></td>
<td><strong>Sundried tomato and red pepper risotto with rocket salad</strong>&lt;br&gt;£2.35 <em>(CE)</em></td>
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<td><strong>Grilled Seatrout with Balsamic Onion Glaze</strong>&lt;br&gt;£2.90 <em>(F, SD)</em></td>
<td><strong>Braised Italian style cod loin</strong>&lt;br&gt;£2.90 <em>(F, SD)</em></td>
<td><strong>Quorn enchiladas with rice and corn salad</strong>&lt;br&gt;£2.35 <em>(G)</em></td>
<td><strong>Mustard-Grilled Scandinavian Seatrout</strong>&lt;br&gt;£2.90 <em>(F, MU)</em></td>
<td><strong>Beer battered haddock, tartar sauce and lemon</strong>&lt;br&gt;£2.90 <em>(G, M, E, SD, F, MU)</em></td>
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<td><strong>Turkey Milanese with tomato sauce and spaghetti</strong>&lt;br&gt;£2.60 <em>(G, E, M)</em></td>
<td><strong>Caribbean Chicken with Mango and Rice</strong>&lt;br&gt;£2.60 <em>(CE, M)</em></td>
<td><strong>Fillet of hake with Veronique sauce</strong>&lt;br&gt;£2.90 <em>(E, F, M, MU, SD)</em></td>
<td><strong>Steak and ale pie with puff pastry crust</strong>&lt;br&gt;£2.60 <em>(G, CE, E)</em></td>
<td><strong>Hoisin Chicken kebab with noodles and cucumber</strong>&lt;br&gt;£2.60 <em>(G, S)</em></td>
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<td><strong>Roast beef with horseradish</strong>&lt;br&gt;£2.90 <em>(M, SD)</em></td>
<td><strong>Gluten free pasta bar</strong>&lt;br&gt;£2.35 <em>(ask for details)</em></td>
<td><strong>Kashmir lamb curry with tomato sambal</strong>&lt;br&gt;£2.35 <em>(M, N)</em></td>
<td><strong>Gluten free pasta bar</strong>&lt;br&gt;£2.35 <em>(ask for details)</em></td>
<td><strong>Crispy catfish with cucumber pickle banh mi</strong>&lt;br&gt;£2.60 <em>(F, E, M, SD, S)</em></td>
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</tbody>
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**SUSTAINABLE FISH CITIES**<br><br>**RSPCA ASSURED**

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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 06\(^{th}\) November 2017**

### DINNER

#### MONDAY
- **Bean and tomato chilli corn pie**
  - £2.35
  - (G, E, M, SD)

#### TUESDAY
- **Wild mushroom gnocchi with goats cheese**
  - £2.35
  - (CE, G, E, M)

#### WEDNESDAY
- **Carrot cakes with harissa yoghurt and flat bread**
  - £2.35
  - (CE, G, E, F, M, SD)

#### THURSDAY
- **Bean and spinach korma**
  - £2.35
  - (CE, G, MU, N)

#### FRIDAY
- **Quorn and bean gumbo**
  - £2.35
  - (CE, G)

#### MALAY-STYLE BRAISED FISH
- **Malay-style braised fish**
  - £2.90
  - (C, CR, F, S)

#### SMOKED HADDOCK WITH CHIVE AND MUSSEL RISOTTO
- **Smoked haddock with chive and mussel risotto**
  - £2.90
  - (CE, F, M)

#### TERRIYAKI HOKI WITH STIR-FRIED VEG AND SESAME
- **Teriyaki hoki with stir-fried veg and sesame**
  - £2.90
  - (CE, G, SE, S)

#### NORI CRUSTED SALMON
- **Nori Crusted Salmon**
  - £2.90
  - (F, M, SE)

#### SPAGHETTI BOLOGNAISE
- **Spaghetti Bolognaise**
  - £2.60
  - (CE, G, SD)

#### DUCK TAGINE WITH CLEMENTINE’S
- **Duck tagine with clementine’s**
  - £2.60
  - (CE, SD)

#### COQ AU VIN
- **Coq au vin**
  - £2.60
  - (CE, G, M, SD)

#### HALF ROAST CHICKEN WITH BREAD SAUCE AND NATURAL JUS
- **Half roast chicken with bread sauce and natural jus**
  - £2.60
  - (CE, SD)

#### MOROCCAN TURKEY WITH SALAD AND FLAT BREAD
- **Moroccan turkey with salad and flat bread**
  - £2.60
  - (G, L, M)

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**Allergen Key:**
- Celery CE
- Gluten G
- Crustaceans CR
- Molluscs MO
- Egg E
- Fish F
- Nuts N
- Pork PO
- Peanut P
- Sesame SE
- Soya S
- Sulphites SD

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