



Week Commencing 18th June 2018



LUNCH

MONDAY

Tahini roasted cauliflower with lemony herb oil
£2.35

(N, P, SE)

Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun
£2.60

(M, G, E, MU)

Roast cod with olive oil mash and gremolata
£2.90

(F, M)

Pan-fried chicken with lemon, caper, marsala caramelised butter sauce
£2.60

(SD, M)

TUESDAY

Panko fried aubergine with katsu curry sauce
£2.35

(E, M, G, S, CE)

Pasta and sauce
£2.35

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Baked Salmon with pea and mint houmous with lemon
£2.90

(F, SE, P, N, M)

Lamb meatballs with feta, tomato and toasted pinenut bake
£2.60

(M, G, E, SU, N)

WEDNESDAY

Onion pakoras with avocado dipping sauce
£2.35

(G)

Portobello mushroom with watercress leeks and goats cheese
£2.60

(M)

Red mullet with clam chowder and smoked pancetta
£2.90

(F, MO, M, CR)

Beef masala curry
£2.60

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THURSDAY

Sugar snap pea and carrot soba noodles
£2.35

(G, SE, S, E)

Pasta and sauce
£2.35

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Cajun spiced seabass with charred sweetcorn, pink grapefruit
£2.60

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Pork and apple burger with brioche bun and yuzu remoulade
£2.60

(G, E, M, MU)

FRIDAY

Vegetable tagine and saffron cous cous
£2.35

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Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde
£2.60

(M, SD, CE, MU)

Beer battered haddock
£2.90

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Ketjap manis chicken skewer with lime and turmeric rice
£2.60

(S, CE)



DINNER

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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MONDAY

Beetroot houmous, crispy chickpea sub and basil pesto
£2.35

(I)

Roasted carrots with marmite butter, sourdough and herb crumb
£2.60

(G, M)

Lime crusted salmon with creamy herb puy lentils
£2.90

(G, F, M)

Crispy chilli beef stir-fry
£2.60

(S, SE)

Allergen Key:

TUESDAY

Chickpea falafel with red pepper and walnut paste, khobez flatbread
£2.35

(N, P, SE)

Charred pork with peppercorn and Worcestershire cream sauce
£2.60

(F, M)

Tiger prawn with butternut, pak choi and kombu broth and egg noodles
£2.90

(I)

12 hour braised brisket with sweet tamarind, soy noodles
£2.60

(S, SE, CE)

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

WEDNESDAY

Toasted ciabatta with tomato, mozzarella, garlic rapeseed oil and nut free pesto
£2.35

(I)

Chorizo and butter bean stew with cheddar and jalapeno bread
£2.60

(G, CE, M)


Tunisian fish stew with harissa, mint and new potatoes
£2.90

(F)

Black treacle and coffee brined pork belly slices with rice and black beans
£2.60

(I)

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

Nuts **N**
Vegan 

THURSDAY

Yellow Thai vegetable curry with kaffir lime loaf and toasted coconut rice
£2.35

(I)

Beer battered calamari with smoked sea salt, chilli jam and lime
£2.90

(G, MU, F, CR)

Hake fillet with fennel, garlic and white wine
£2.90

(F, M, SD)

Lamb moussaka with pinenut béchamel and smoked cheddar
£2.60

(G, M, N, E)

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

FRIDAY

Sprouting broccoli with cashew and soy dressing, Greek yoghurt and pea shoots
£2.35

(N, MU, S, M, SE)

Fish burrito with avocado, chilli and lime salsa
£2.90

(I)

See the
Friday Nights
Specials Board
and
Facebook

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

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