# Week Commencing 06th January 2020

## LUNCH

### MONDAY
- Mushroom and madeira stew, crushed and pickled walnuts and lemon oil polenta  
  *(N, CE)*  
  £3.00
- Pasta bar  
  *(G, E)*  
  £2.60

### TUESDAY
- Butternut squash and sage macaroni  
  *(L, G)*  
  £2.60
- Tomato, dill, black olive and orzo  
  *(SD, G, M)*  
  £2.75

### WEDNESDAY
- Field mushroom, sundried tomato, pesto, coleslaw in a pretzel burger bun  
  *(G, N, SD)*  
  £2.60
- Pasta bar  
  *(G, E)*  
  £2.60

### THURSDAY
- Cajun tomato, roasted courgette and kidney bean risotto  
  *(CE, G)*  
  £2.60
- Sweet red onion and cauliflower tart with green salad  
  *(M, E, G, N, L)*  
  £2.60

### FRIDAY
- Sweet potato, black bean and chipotle enchiladas with avocado and lime dressing  
  *(G, M)*  
  £2.75
- Mushroom and butternut dhal with fried egg and coriander  
  *(E, N)*  
  £2.60

### WEEKLY SPECIALS
- **Monday:**
  - Swedish meatballs with dill mash  
    *(G, M, F, MU)*  
    £2.70
  - Grilled miso salmon and kombu rice noodles  
    *(F, E, S, SE)*  
    £3.40

- **Tuesday:**
  - Smoked mackerel and sweet potato burger with caper and gherkin relish  
    *(F, E, M, MU, SD, G)*  
    £3.40
  - Chicken souvlaki with lemon and walnut tahini  
    *(CE, M, N, P, G, SE)*  
    £2.75

- **Wednesday:**
  - Chicken Malabar curry  
    *(MU)*  
    £3.25
  - Piotr’s pork schnitzel à la Norma  
    *(E, M, G, SD)*  
    £2.75

- **Thursday:**
  - Chicken and black bean sauce with fried rice  
    *(SD, E)*  
    £3.25
  - Pan-fried hake with wild garlic sauce and crispy leeks  
    *(F, M, SD)*  
    £3.40

- **Friday:**
  - Beer battered fish of the day with tartare sauce  
    *(F, G, SD, E)*  
    £3.25
  - Char Siu duck Asian slaw and black vinegar  
    *(S, G, SE, SD)*  
    £3.40

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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](#).

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*Week 1*
# Week Commencing 06th January 2020

## DINNER

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<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, G, M) £3.40</td>
<td>Tom Yum seafood soup with egg noodles (F, CK, G, E) £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, E) £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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</tbody>
</table>

**Allergen Key:**

- Celery CE
- Gluten G
- Crustaceans CR
- Egg E
- Fish F
- Nuts N
- Molluscs MO
- Pork PO
- Milk M
- Peanuts P
- Sesame SE
- Soy S
- Sulphites SD
- Mustard MU

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