



# Week Commencing 18<sup>th</sup> February 2019



## LUNCH

### MONDAY

**Tahini roasted cauliflower with lemony herb oil**

£2.50

(N, P, SE)

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

£2.70

(M, G, E, MU)

**Roast cod with olive oil mash and gremolata**

£3.00

(F, M)

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

£3.00

(SD, M)

### TUESDAY

**Roasted fried aubergine with katsu curry sauce**

£2.50

(G, S, CE)

**Pasta bar**

£2.50

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**Baked Salmon with pea and mint houmous with lemon**

£3.40

(F, SE, P, N, M)

**Lamb meatballs with feta, tomato and toasted pinenut bake**

£2.70

(M, G, E, SU, N)

### WEDNESDAY

**Onion pakoras with avocado dipping sauce**

£2.50

(G)

**Portobello mushroom with watercress leeks and goats cheese**

£2.70

(M)

**Red mullet with clam chowder and smoked pancetta**

£3.40

(F, MO, M, CR)

**Beef masala curry**

£2.70

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### THURSDAY

**Sugar snap pea and carrot soba noodles**

£2.50

(G, SE, S, E)

**Pasta bar**

£2.50

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**Cajun spiced seabass with charred sweetcorn, pink grapefruit**

£3.40

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**Pork and apple burger with brioche bun and yuzu remoulade**

£2.70

(G, E, M, MU)

### FRIDAY

**Vegetable tagine and saffron cous cous**

£2.50

(G, CE)

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

£2.70

(M, SD, CE, MU)

**Beer battered haddock**

£3.00

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**Ketjap manis chicken skewer with lime and turmeric rice**

£2.70

(S, CE)



If you have any allergies, please notify a member of staff  
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## DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Beetroot and red wine risotto</b> £2.70</p> <p>(SD)</p> <p><b>Roasted carrots with marmite butter, sourdough and herb crumb</b> £2.50</p> <p>(G, M)</p> <p><b>Lime crusted salmon with creamy herb puy lentils</b> £3.00</p> <p>(G, F, M)</p> <p><b>Crispy chilli beef stir-fry</b> £2.70</p> <p>(S, SE)</p>	<p><b>Chickpea falafel with red pepper and walnut paste, khobez flatbread</b> £2.50</p> <p>(N, P, SE)</p> <p><b>Charred pork with peppercorn and Worcestershire cream sauce</b> £2.70</p> <p>(F, M)</p> <p><b>Tiger prawn with butternut, pak choi and kombu broth and egg noodles</b> £3.00</p> <p>()</p> <p><b>12 hour braised brisket with sweet tamarind, soy noodles</b> £3.00</p> <p>(S, SE, CE)</p>	<p><b>Onion pakoras with avocado dipping sauce</b> £2.50</p> <p>(G)</p> <p><b>Chorizo and butter bean stew with cheddar and jalapeno bread</b> £2.50</p> <p>(G, CE, M)</p> <p><b>Tunisian fish stew with harissa, mint and new potatoes</b> £3.00</p> <p>(F)</p> <p><b>Black treacle and coffee brined pork belly slices with rice and black beans</b> £3.00</p> <p>()</p>	<p><b>Yellow Thai vegetable curry with kaffir lime loaf and toasted coconut rice</b> £2.70</p> <p>()</p> <p><b>Beer battered calamari with smoked sea salt, chilli jam and lime</b> £3.00</p> <p>(G, MU, F, CR)</p> <p><b>Hake fillet with fennel, garlic and white wine</b> £3.00</p> <p>(F, M, SD)</p> <p><b>Lamb moussaka with pinenut béchamel and smoked cheddar</b> £2.70</p> <p>(G, M, N, E)</p>	<p><b>Sprouting broccoli with cashew and soy dressing, and pea shoots</b> £2.50</p> <p>(N, MU, S, SE)</p> <p><b>Fish burrito with avocado, chilli and lime salsa</b> £3.00</p> <p>()</p> <p><b>See the Friday Nights Specials Board and Facebook</b></p>
<p>Allergen Key: <b>GREEN = VEGAN</b></p>	<p>Celery <b>CE</b> Gluten <b>G</b> Crustaceans <b>CR</b></p>	<p>Egg <b>E</b> Fish <b>F</b> Lupin <b>L</b></p>	<p>Nuts <b>N</b> Molluscs <b>MO</b> Sulphites <b>SD</b></p>	<p>Pork <b>PO</b> Milk <b>M</b> Mustard <b>MU</b> Peanuts <b>P</b> Sesame <b>SE</b> Soya <b>S</b></p>

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