Week Commencing 02nd March 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

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

Butternut squash and sage macaroni
(L, G)
£2.60
Pasta bar
(G, E)
£2.60

Tomato, dill, black olive and orzo
(SD, G, M)
£2.75

THURSDAY

Cajun tomato, roasted courgette and kidney bean risotto
(CE, G)
£2.60

Sweet potato, black bean and chipotle enchiladas with avocado and lime dressing
(G)
£2.75

FRIDAY

Mushroom and butternut dhal with fried egg and coriander
(E, N)
£2.60

Beer battered fish of the day with tartare sauce
(F, G, SD, E)
£3.25

Sweet red onion and cauliflower tart with green salad
(M, E, G, N, L)
£2.60

SWEET POTATO, BLACK BEAN AND CHIPOTLE ENCHILADAS WITH AVOCADO AND LIME DRESSING

We welcome your comments, suggestions and feedback. You can leave yours here feedback

Dishes may change at short notice, if you have any allergies, please notify a member of staff.
**Week Commencing 02\textsuperscript{nd} March 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</td>
<td>Sweet potato and chickpea curry with toasted almond and turmeric rice</td>
<td>Pulled jack fruit burger</td>
<td>Smokey cannellini beans, garlic sourdough toast &amp; avocado</td>
<td>Vegan Margherita pizza</td>
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<tr>
<td>(£3.25)</td>
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<tr>
<td>Miso, maple &amp; aubergine burger, Asian herb salad</td>
<td>Celeriac, potato and beetroot gratin</td>
<td>Fried halloumi. Warm harissa chickpea and rice salad, lemon &amp; yoghurt</td>
<td>Tofu Laksa, noodles, bean shoots, lime and coriander (S, G)</td>
<td>Stuffed beef tomato with coconut vegetables</td>
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<td>(£2.60)</td>
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<tr>
<td>Sri Lankan chicken kottu</td>
<td>Plaice with broad bean &amp; green herb kedgeree</td>
<td>Tom Yum seafood soup with egg noodles</td>
<td>Smoked cod loin. Creamed spinach &amp; bacon</td>
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<td>(£3.25)</td>
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<tr>
<td>Pollack, fennel, potato &amp; olive bake, lemon dressing</td>
<td>Ground pork tacos with Pico de Gallo &amp; Monterey Jack</td>
<td>Thai minced turkey with garlic and basil</td>
<td>Honey roast gammon, roasted sweet potato &amp; parsley sauce</td>
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<tr>
<td>(£3.40)</td>
<td>(£3.25)</td>
<td>(£2.75)</td>
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</table>

**See the Friday Nights on Facebook**

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### Allergen Key:
- **Celery (CE)**
- **Gluten (G)**
- **Crustaceans (CR)**
- **Egg (E)**
- **Fish (F)**
- **Nuts (N)**
- **Molluscs (MO)**
- **Pork (PO)**
- **Milk (M)**
- **Mustard (MU)**
- **Peanuts (P)**
- **Sesame (SE)**
- **Soya (S)**

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