**Week Commencing 09th December 2019**

**LUNCH**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>Mushroom stroganoff with herb rice</strong> <em>(M, CE, MU)</em></td>
<td><strong>Green Thai tofu curry rice bowl, lime and coriander</strong> <em>(S)</em></td>
<td><strong>Salt &amp; pepper tempura tofu with pak choi, bean sprouts and toasted peanuts</strong> <em>(G, S, N)</em></td>
<td><strong>Sweet potato &amp; black bean burger with cashew milk dressing</strong> <em>(N)</em></td>
<td><strong>Aubergine stuffed with quinoa and vegetables</strong> <em>(CE, G)</em></td>
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<td>£2.60</td>
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<td><strong>Chargrilled jerk pork steak with papaya and mango salsa</strong> <em>(G)</em></td>
<td><strong>Pasta bar</strong> <em>(G, E)</em></td>
<td><strong>Cauliflower and macaroni cheese, topped with tomato and crumb</strong> <em>(MU, N, M)</em></td>
<td><strong>Pasta bar</strong> <em>(G, E)</em></td>
<td><strong>Penne pasta with leeks, smoked garlic and wild mushrooms</strong> <em>(G, M, E)</em></td>
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<td>£3.25</td>
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<tr>
<td><strong>Gnocchi with spinach pesto and mascarpone</strong> <em>(G, N, M)</em></td>
<td><strong>Pan fried sea trout with pearl barley risotto, tender stem broccoli and lemon</strong> <em>(F, G)</em></td>
<td><strong>Sri Lankan curry with toasted almonds and yoghurt</strong> <em>(S, G, N)</em></td>
<td><strong>Mozambican BBQ chicken with lime, red onion, chilli and coriander</strong> <em>(S)</em></td>
<td><strong>Chicken breast topped with black olive tapenade and mozzarella on wilted spinach</strong> <em>(M, N)</em></td>
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<td>£2.75</td>
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<tr>
<td><strong>Gluten free crispy hake with yuzu aioli and rocket salad</strong> <em>(F, E, MU)</em></td>
<td><strong>Cumberland sausage ring, mustard glaze</strong> <em>(G, SD, MU)</em></td>
<td><strong>Roast haddock fillet with feta mash, roasted prawn veloute</strong> <em>(F, M, CR)</em></td>
<td><strong>Breaded harissa cod with lemon and red onion and coriander cous cous</strong> <em>(M, E, G, F, MU)</em></td>
<td><strong>Beer battered fish of the day</strong> <em>(G, F, MU)</em></td>
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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](#).
### Week Commencing 09th December 2019

#### DINNER

**MONDAY**
- **Chunky ratatouille, salsa verde & lemon oil** *(SD)*
  - £2.60

**TUESDAY**
- **Sicilian aubergine stew, couscous and toasted almonds** *(SD, N)*
  - £2.60

**WEDNESDAY**
- **Masala dosa, spiced lentils, potato, toasted seeds on nann bread** *(N, SE, MU, G, CE)*
  - £2.75

**THURSDAY**
- **Wild mushroom tagliatello risotto with white truffle oil** *(M)*
  - £2.60

**FRIDAY**
- **Pepper, spinach and coconut curry with crispy kale** *(SD)*
  - £2.60

**MONDAY**
- **Leek and butternut pasta gratin** *(G, M, E)*
  - £2.75

**TUESDAY**
- **Pasta bar** *(G, E)*
  - £2.60

**WEDNESDAY**
- **Stir-fried vegetable Pad Thai with noodles with a sweet tamarind sauce** *(G, SE, SD, S)*
  - £2.60

**THURSDAY**
- **Vegetable and bean chilli, guacamole and nachos** *(CE, MU)*
  - £2.75

**FRIDAY**
- **Roast chicken quarter, cranberry shiraz relish, with stuffing and gravy** *(G, CE)*
  - £3.25

**MONDAY**
- **Sea trout, black sesame seeds, ponzu sauce and pak choi** *(F, SE, S, CE)*
  - £3.40

**TUESDAY**
- **Cornish crab linguine with fennel, lemon and pea shoots** *(CR, G, E, M)*
  - £3.25

**WEDNESDAY**
- **Roasted salmon penne pasta and broccoli** *(F, G, M)*
  - £3.25

**THURSDAY**
- **Salmon coulibiac with hollandaise sauce** *(F, E, G, MU)*
  - £3.40

**FRIDAY**
- **Sri Lankan curry with toasted almonds and yoghurt** *(S, G, N)*
  - £3.40

**MONDAY**
- **Cajun spiced chicken, pinto beans and piri piri mayo** *(G, E, MU)*
  - £3.25

**TUESDAY**
- **Baby back pork ribs marinated with honey, rosemary and mustard** *(SD, MU)*
  - £3.40

**WEDNESDAY**
- **Sri Lankan curry with toasted almonds and yoghurt** *(S, G, N)*
  - £3.25

**THURSDAY**
- **Salmon coulibiac with hollandaise sauce** *(F, E, G, MU)*
  - £3.40

**FRIDAY**
- **Peanuts** P

**MONDAY**
- **Celery** CE

**TUESDAY**
- **Egg** E

**WEDNESDAY**
- **Nuts** N

**THURSDAY**
- **Pork** PO

**FRIDAY**
- **Sesame** SE

**MONDAY**
- **Gluten** G

**TUESDAY**
- **Fish** F

**WEDNESDAY**
- **Molluscs** MO

**THURSDAY**
- **Milk** M

**FRIDAY**
- **Lupin** L

**WEDNESDAY**
- **Sulphites** SD

**THURSDAY**
- **Mustard** MU

**FRIDAY**
- **Soya** S

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**Weekly Specials**

- **See the Friday Nights Specials Board and Facebook**

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Week 2