## LUNCH

### MONDAY
- Vegetable and Quorn lasagne
  - £2.35
  - (CE, G, M)
- Grilled Seantwort with Balsamic Onion Glaze
  - £2.90
  - (F, SD)
- Turkey Milanese with tomato sauce and spaghetti
  - £2.60
  - (G, E, M)
- Roast beef with horseradish
  - £2.90
  - (M, SD)

### TUESDAY
- Beetroot, pumpkin and goat’s cheese tarte tatin
  - £2.35
  - (M, G, E)
- Braised Italian style cod loin
  - £2.90
  - (F, SD)
- Caribbean Chicken with Mango and Rice
  - £2.60
  - (CE, M)
- Gluten free pasta bar
  - £2.35
  - (ask for details)

### WEDNESDAY
- Falafel with houmous cucumber yoghurt, red onion and chopped tomato
  - £2.60
  - (G, I, M)
- Quorn enchiladas with rice and corn salad
  - £2.35
  - (G)
- Fillet of hake with Veronique sauce
  - £2.90
  - (E, F, M, MU, SD)
- Kashmir lamb curry
  - £2.35
  - (M, N)

### THURSDAY
- Polenta and parmesan fritters with apple relish
  - £2.35
  - (CE, M)
- Mustard-Grilled Scandinavian Seantwort
  - £2.90
  - (G)
- Steak and ale pie with puff pastry crust
  - £2.60
  - (G, CE, E)
- Gluten free pasta bar
  - £2.35
  - (ask for details)

### FRIDAY
- Sundried tomato and red pepper risotto with rocket salad
  - £2.35
  - (CE)
- Beer battered haddock, tartar sauce and lemon
  - £2.90
  - (G, M, E, SD, F, MU)
- Hoisin Chicken kebab with noodles and cucumber
  - £2.60
  - (G, S)
- Crispy catfish with cucumber pickle banh mi
  - £2.60
  - (F, E, M, SD, S)

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

We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#).
## DINNER

### MONDAY
- **Bean and tomato chilli corn pie**
  - £2.35
  - (G, E, M, SD)
- **Malay-style braised fish**
  - £2.90
  - (C, CR, F, S)
- **Irish coddled pork with cider**
  - £2.60
  - (CE, SD)
- **Caramel chilli chicken**
  - £2.60
  - (CR, F, MO)

### TUESDAY
- **Wild mushroom gnocchi with goats cheese**
  - £2.35
  - (CE, G, E, M)
- **Smoked haddock with chive and mussel risotto**
  - £2.90
  - (CE, F, M)
- **Lamb filo pie**
  - £2.60
  - (G, CE, M)
- **Pork loin steak with onion rings and sweet corn**
  - £2.60
  - (G, E, M)

### WEDNESDAY
- **Carrot cakes with harissa yoghurt and flat bread**
  - £2.35
  - (CE, G, E, F, M, SD)
- **Teriyaki hoki with stir-fried veg and sesame**
  - £2.90
  - (CE, G, SE, S)
- **Duck tagine with clementine’s**
  - £2.60
  - (CE, SD)
- **Coq au vin**
  - £2.60
  - (CE, G, M, SD)

### THURSDAY
- **Bean and spinach korma**
  - £2.35
  - (CE, G, MU, N)
- **Nori Crusted Salmon**
  - £2.90
  - (F, M, SE)
- **Daube of pork**
  - £2.60
  - (CE, SD)
- **Half roast chicken with bread sauce and natural jus**
  - £2.60
  - (CE, SD)

### FRIDAY
- **Quorn and bean gumbo**
  - £2.35
  - (CE, G)
- **Breaded fish fillet with herb mayonnaise**
  - £2.90
  - (CE, G, M, SE)
- **Spaghetti Bolognese**
  - £2.60
  - (CE, G, SD)
- **Moroccan turkey with salad and flat bread**
  - £2.60
  - (G, L, M)

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

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