Week Commencing 07th October 2019

**LUNCH**

<table>
<thead>
<tr>
<th>DAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td></td>
<td>Mushroom and madeira stew, crushed and pickled walnuts and lemon oil polenta</td>
<td>Butternut squash and sage macaroni</td>
<td>Field mushroom, sundried tomato, pesto, coleslaw in a pretzel burger bun</td>
<td>Cajun tomato, roasted courgette and kidney bean risotto</td>
<td>Sweet potato, black bean and chipotle enchiladas with avocado and lime dressing</td>
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<tr>
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<td>(N, CE)</td>
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<td></td>
<td><strong>Swedish meatballs with dill mash</strong></td>
<td><strong>Smoked mackerel and sweet potato burger with caper and gherkin relish</strong></td>
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<td></td>
<td><strong>Grilled miso salmon and kombu rice noodles</strong></td>
<td><strong>Chicken souvlaki with lemon and walnut tahini</strong></td>
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<td><strong>Pasta bar</strong></td>
<td><strong>Chicken Malabar curry</strong></td>
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<td><strong>Smoked mackerel and sweet potato burger with caper and gherkin relish</strong></td>
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<td><strong>Grilled miso salmon and kombu rice noodles</strong></td>
<td><strong>Piotr’s pork schnitzel à la Norma</strong></td>
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<td><strong>Beer battered fish of the day with tartare sauce</strong></td>
<td><strong>Pan-fried hake with wild garlic sauce and crispy leeks</strong></td>
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<td><strong>Sweet potato, black bean and chipotle enchiladas with avocado and lime dressing</strong></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 07th October 2019

## DINNER

### MONDAY
- **Crispy tofu rice bowl with soy lime dressing**
  - (S, SE)
  - £3.25

- **Miso, maple & aubergine burger, Asian herb salad**
  - (S, G, E, M, N)
  - £2.60

- **Sri Lankan chicken kottu**
  - (E, G, MU, CE)
  - £3.25

- **Pollack, fennel, potato & olive bake, lemon dressing**
  - (F, SD)
  - £3.40

### TUESDAY
- **Sweet potato and chickpea curry with toasted almond and turmeric rice**
  - (SD, CE, N, MU)
  - £2.60

- **Celeriac, potato and beetroot gratin**
  - (M, MU, CE)
  - £2.75

- **Plaice with broad bean & green herb kedgeree**
  - (CE, G, M)
  - £3.40

- **Ground pork tacos with Pico de Gallo & Monterey Jack**
  - (CE, G, M, E)
  - £3.25

### WEDNESDAY
- **Pulled jack fruit burger**
  - (G, S)
  - £2.60

- **Fried halloumi. Warm harissa chickpea and rice salad, lemon & yoghurt**
  - (M, S)
  - £2.75

- **Tom Yum seafood soup with egg noodles**
  - (F, CR, G, E)
  - £3.25

- **Thai minced turkey with garlic and basil**
  - (MO, S)
  - £2.75

### THURSDAY
- **Smokey cannellini beans, garlic sourdough toast & avocado**
  - (G)
  - £2.60

- **Tofu Laksa, noodles, bean shoots, lime and coriander**
  - (S, G)
  - £2.75

- **Smoked cod loin. Creamed spinach & bacon**
  - (G, SD, F, M)
  - £3.40

- **Honey roast gammon, roasted sweet potato & parsley sauce**
  - (CE, SD, G, MU, M)
  - £3.25

### FRIDAY
- **Vegan Margherita pizza**
  - (G)
  - £2.60

- **Stuffed beef tomato with coconut vegetables**
  - (M, G, MU)
  - £2.60

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**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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