Week Commencing 3rd May 2021

**LUNCH**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mushroom stroganoff with herb rice</td>
<td>Green Thai tofu curry rice bowl, lime and</td>
<td>Salt &amp; pepper tempura tofu with pak Choi,</td>
<td>Sweet potato &amp; black bean burger with</td>
<td>Aubergine stuffed with quinoa and vegetables</td>
</tr>
<tr>
<td>(CE, MU)</td>
<td>coriander</td>
<td>bean sprouts and toasted peanuts</td>
<td>cashew milk dressing</td>
<td>(CE, G)</td>
</tr>
<tr>
<td>£2.60</td>
<td>($3)</td>
<td>($6, S, N)</td>
<td>(£2.60)</td>
<td>£2.75</td>
</tr>
<tr>
<td>Chargrilled jerk pork steak with papaya and mango salsa</td>
<td>Pasta bar</td>
<td>Cauliflower and macaroni cheese, topped with tomato and nut crumb</td>
<td>Pasta bar</td>
<td>Penne pasta with leeks, smoked garlic and wild mushrooms</td>
</tr>
<tr>
<td></td>
<td>(G, E)</td>
<td>(MU, N, M)</td>
<td>(G, E)</td>
<td>(G, M, E)</td>
</tr>
<tr>
<td>£3.25</td>
<td>£2.60</td>
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<td>£2.60</td>
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<tr>
<td>Gnocchi with spinach pesto and mascarpone</td>
<td>Pan fried sea trout with pearl barley</td>
<td>Sri Lankan curry with toasted almonds and</td>
<td>Mozambican BBQ chicken with lime, red onion,</td>
<td>Chicken breast topped with black olive</td>
</tr>
<tr>
<td>(G, N, M)</td>
<td>risotto, tender stem broccoli and lemon</td>
<td>yoghurt</td>
<td>chilli and coriander</td>
<td>tapenade and mozzarella on wilted spinach</td>
</tr>
<tr>
<td></td>
<td>($2.40)</td>
<td>($6, S, N)</td>
<td>()</td>
<td>(£3.25)</td>
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<tr>
<td>Gluten free crispy hake with yuzu aioli and rocket salad</td>
<td>Cumberland sausage ring, mustard glaze</td>
<td>Roast haddock fillet with feta mash, roasted prawn veloute</td>
<td>Breaded harissa cod with lemon and red onion and coriander cous cous</td>
<td>Beer battered fish of the day</td>
</tr>
<tr>
<td>(F, E, MU)</td>
<td>(G, SD, MU, CE)</td>
<td>(F, M, CR)</td>
<td>(M, E, G, F, MU)</td>
<td>(G, F, MU)</td>
</tr>
<tr>
<td>£3.40</td>
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<td>£2.60</td>
</tr>
</tbody>
</table>

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 3rd May 2021

## DINNER

### MONDAY
- **Chunky ratatouille, salsa verde & lemon oil** *(SD)*  
  £2.60
- **Leek and butternut pasta gratin** *(G, M, E)*  
  £2.75
- **Sea trout, black sesame seeds, ponzu sauce and pak choi** *(F, SE, S, CE)*  
  £3.40
- **Cajun spiced chicken, pinto beans and piri piri mayo** *(E, MU)*  
  £3.25

### TUESDAY
- **Sicilian aubergine stew, couscous and toasted almonds** *(SD, N)*  
  £2.60
- **Pasta bar** *(G, E)*  
  £2.60
- **Cornish crab linguine with fennel, lemon and pea shoots** *(CR, G, E, M)*  
  £3.25
- **Baby back pork ribs marinated with honey, rosemary and mustard** *(SD, MU)*  
  £3.40

### WEDNESDAY
- **Masala dosa, spiced lentils, potato, toasted seeds on nann bread** *(N, SE, MU, G, CE)*  
  £2.75
- **Stir-fried vegetable Pad Thai with noodles with a sweet tamarind sauce** *(G, SE, SD, S)*  
  £2.60
- **Roasted salmon penne pasta and broccoli** *(F, G, M)*  
  £3.25
- **Sri Lankan curry with toasted almonds and yoghurt** *(S, G, N)*  
  £3.25

### THURSDAY
- **Wild mushroom tagliatello risotto with white truffle oil** *(M, SD, CE)*  
  £2.60
- **Vegetable and bean chilli, guacamole and nachos** *(CE, MU, G)*  
  £2.75
- **Roast chicken quarter, cranberry shiraz relish, with stuffing and gravy** *(G, CE)*  
  £3.25
- **Salmon coulibiac with hollandaise sauce** *(F, E, G, MU)*  
  £3.40

### FRIDAY
- **Pepper, spinach and coconut curry with crispy kale** *(SD)*  
  £2.60
- **Darwin venison burger, bun, homemade burger sauce, tomato, baby gem and monetary jack cheese** *(G, E, CE, M)*  
  £3.40
- **See the Friday Nights Specials Board and Facebook**

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**Allergen Key:**

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

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