



# Week Commencing 24<sup>th</sup> September 2018



## LUNCH

### MONDAY

Tahini roasted cauliflower with lemony herb oil  
£2.50

*(N, P, SE)*

Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun  
£2.70

*(M, G, E, MU)*

Roast cod with olive oil mash and gremolata  
£3.00

*(F, M)*

Pan-fried chicken with lemon, caper, marsala caramelised butter sauce  
£3.00

*(SD, M)*

### TUESDAY

Panko fried aubergine with katsu curry sauce  
£2.50

*(E, M, G, S, CE)*

Pasta bar  
£2.50

*()*

Baked Salmon with pea and mint houmous with lemon  
£3.40

*(F, SE, P, N, M)*

Lamb meatballs with feta, tomato and toasted pinenut bake  
£2.70

*(M, G, E, SU, N)*

### WEDNESDAY

Onion pakoras with avocado dipping sauce  
£2.50

*(G)*

Portobello mushroom with watercress leeks and goats cheese  
£2.70

*(M)*

Red mullet with clam chowder and smoked pancetta  
£3.40

*(F, MO, M, CR)*

Beef masala curry  
£2.70

*()*

### THURSDAY

Sugar snap pea and carrot soba noodles  
£2.50

*(G, SE, S, E)*

Pasta bar  
£2.50

*()*

Cajun spiced seabass with charred sweetcorn, pink grapefruit  
£3.40

*()*

Pork and apple burger with brioche bun and yuzu remoulade  
£2.70

*(G, E, M, MU)*

### FRIDAY

Vegetable tagine and saffron cous cous  
£2.50

*()*

Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde  
£2.70

*(M, SD, CE, MU)*

Beer battered haddock  
£3.00

*()*

Ketjap manis chicken skewer with lime and turmeric rice  
£2.70

*(S, CE)*



If you have any allergies, please notify a member of staff  
We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#)



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## DINNER

### MONDAY

Beetroot houmous, crispy chickpea sub and basil pesto  
£2.70

(I)

Roasted carrots with marmite butter, sourdough and herb crumb  
£2.50

(G, M)

Lime crusted salmon with creamy herb puy lentils  
£3.00

(G, F, M)

Crispy chilli beef stir-fry  
£2.70

(S, SE)

### TUESDAY

Chickpea falafel with red pepper and walnut paste, khobez flatbread  
£2.50

(N, P, SE)

Charred pork with peppercorn and Worcestershire cream sauce  
£2.70

(F, M)

Tiger prawn with butternut, pak choi and kombu broth and egg noodles  
£3.00

(I)

12 hour braised brisket with sweet tamarind, soy noodles  
£3.00

(S, SE, CE)

### WEDNESDAY

Toasted ciabatta with tomato, mozzarella, garlic rapeseed oil and nut free pesto  
£2.50  
(I)

Chorizo and butter bean stew with cheddar and jalapeno bread  
£2.50

(G, CE, M)

Tunisian fish stew with harissa, mint and new potatoes  
£3.00

(F)

Black treacle and coffee brined pork belly slices with rice and black beans  
£3.00

(I)

### THURSDAY

Yellow Thai vegetable curry with kaffir lime loaf and toasted coconut rice  
£2.70

(I)

Beer battered calamari with smoked sea salt, chilli jam and lime  
£3.00

(G, MU, F, CR)

Hake fillet with fennel, garlic and white wine  
£3.00

(F, M, SD)

Lamb moussaka with pinenut béchamel and smoked cheddar  
£2.70

(G, M, N, E)

### FRIDAY

Sprouting broccoli with cashew and soy dressing, Greek yoghurt and pea shoots  
£2.50  
(N, MU, S, M, SE)

Fish burrito with avocado, chilli and lime salsa  
£3.00

(I)

See the Friday Nights Specials Board and Facebook

Allergen Key:

Celery **CE**  
Gluten **G**  
Crustaceans **CR**

Egg **E**  
Fish **F**  
Lupin **L**

Nuts **N**  
Molluscs **MO**  
Sulphites **SD**

Pork **PO**  
Milk **M**  
Mustard **MU**

Peanuts **P**  
Sesame **SE**  
Soya **S**

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