Week Commencing 07th October 2019

**LUNCH**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Mushroom and madeira stew, crushed and pickled walnuts and lemon oil polenta  
(M, G, N, CE)  
£3.00 | Butternut squash and sage macaroni  
(L, G)  
£2.60 | Field mushroom, sundried tomato, pesto, coleslaw in a pretzel burger bun  
(G, N, SD)  
£2.60 | Cajun tomato, roasted courgette and kidney bean risotto  
(CE, G)  
£2.60 | Sweet potato, black bean and chipotle enchiladas with avocado and lime dressing  
(G, M)  
£2.75 |
| Pasta bar  
(G, E)  
£2.60 | Tomato, dill, black olive and orzo  
(SD, G, M)  
£2.75 | Pasta bar  
(G, E)  
£2.60 | Sweet red onion and cauliflower tart with green salad  
(M, E, G, N, L)  
£2.60 | Mushroom and butternut dhal with fried egg and coriander  
(E, N)  
£2.60 |
| Swedish meatballs with dill mash  
(G, M, F, MU)  
£2.70 | Smoked mackerel and sweet potato burger with caper and gherkin relish  
(F, E, M, MU, SD, G)  
£3.40 | Chicken Malabar curry  
(MU)  
£3.25 | Chicken and black bean sauce with fried rice  
(SD, S, E)  
£3.25 | Beer battered fish of the day with tartare sauce  
(F, G, SD, E)  
£3.25 |
| Grilled miso salmon and kombu rice noodles  
(F, E, S, SE)  
£3.40 | Chicken souvlaki with lemon and walnut tahini  
(CE, M, N, P, G, SE)  
£2.75 | Piotr’s pork schnitzel à la Norma  
(E, M, G, SD)  
£2.75 | Pan-fried hake with wild garlic sauce and crispy leeks  
(F, M, SD)  
£3.40 | Char Siu duck Asian slaw and black vinegar  
(S, G, SE, SD)  
£3.40 |

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
- **See the Friday Nights on Facebook**

---

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

---

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](#).