# Week Commencing 16th September 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  
**Pasta bar**  
(G, E)  
£2.60 | **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 |
| **Tomato, dill, black olive and orzo**  
(SD, G, M)  
£2.75 | **Pasta bar**  
(G, E)  
£2.60 | **Chicken and king prawn Malabar curry**  
(MU, F, CR)  
£3.25 | **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 and black bean sauce with fried rice**  
(SD, S, E)  
£3.25 | **Beer battered fish of the day**  
(F, G)  
£3.25 | **Beer battered fish of the day**  
(F, G)  
£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 | **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 |

*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 16th September 2019**

**DINNER**

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<tr>
<td>Crispy tofu rice bowl with soy lime dressing</td>
<td>Sweet potato and chickpea curry with toasted almond and bulgur wheat</td>
<td>Pulled jack fruit burger</td>
<td>Smokey cannellini beans, garlic sourdough toast &amp; avocado</td>
<td>Vegan Margherita pizza</td>
</tr>
<tr>
<td>(S, SE) £3.25</td>
<td>(SD, CE, N) £2.60</td>
<td>(G, S) £2.60</td>
<td>(G) £2.60</td>
<td>(G) £2.60</td>
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<tr>
<td>Miso, maple &amp; aubergine burger, Asian herb salad</td>
<td>Celeriac, potato and beetroot gratin</td>
<td>Fried halloumi. Warm harissa chickpea and rice salad, lemon &amp; yoghurt</td>
<td>Tofu Laksa, noodles, bean shoots, lime and coriander</td>
<td>Stuffed beef tomato with coconut vegetables</td>
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<tr>
<td>(S, G, E, M, N) £2.60</td>
<td>(M, MU, CE) £2.75</td>
<td>(M, S) £2.75</td>
<td>(S, G) £2.75</td>
<td>(M, G, MU) £2.60</td>
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<tr>
<td>Sri Lankan chicken kottu</td>
<td>Plaice with broad bean &amp; green herb kedgeree</td>
<td>Tom Yum seafood soup with egg noodles</td>
<td>Smoked cod loin. Creamed spinach &amp; bacon</td>
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<tr>
<td>(E, G, MU, CE) £3.25</td>
<td>(CE, G, M) £3.40</td>
<td>(F, CR, G, E) £3.25</td>
<td>(G, SD, F, M) £3.40</td>
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<tr>
<td>Pollack, fennel, potato &amp; olive bake, lemon dressing</td>
<td>Ground pork tacos with Pico de Gallo &amp; Monterey Jack</td>
<td>Thai minced turkey with garlic and basil</td>
<td>Honey roast gammon, roasted sweet potato &amp; parsley sauce</td>
<td>See the Friday Nights on Facebook</td>
</tr>
<tr>
<td>(F) £3.40</td>
<td>(CE, G, M, E) £3.25</td>
<td>(MO, S) £2.75</td>
<td>(CE, SD, G, MU, M) £3.25</td>
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</tbody>
</table>

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

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