## Week Commencing 23rd March 2020

### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tahini roasted cauliflower with lemony herb oil</td>
<td>Roasted fried aubergine with katsu curry sauce</td>
<td>Onion pakoras with avocado dipping sauce</td>
<td>Sugar snap pea and carrot with basmati rice</td>
<td>Vegetable tagine and saffron cous cous</td>
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<tr>
<td>(N, P, SE)</td>
<td>(G, S, CE)</td>
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<td>(G, SE, S)</td>
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<tr>
<td>Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun</td>
<td>Pasta bar</td>
<td>Portobello mushroom with watercress leeks and goats cheese</td>
<td>Pasta bar</td>
<td>Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde</td>
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<tr>
<td>(M, G, E, MU)</td>
<td>Ask for details</td>
<td>(M)</td>
<td>Ask for details</td>
<td>(M, SD, CE, MU)</td>
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<tr>
<td>£3.25</td>
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<tr>
<td>Roast Pollock with olive oil mash and gremolata</td>
<td>Baked Hoki with pea and mint houmous with lemon</td>
<td>Sea trout with clam chowder and smoked pancetta</td>
<td>Cajun spiced seabass with charred sweetcorn, pink grapefruit</td>
<td>Beer battered fish of the day with tartare sauce</td>
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<tr>
<td>(F, M)</td>
<td>(F, SE, P, N, M)</td>
<td>(F, MO, M, CR)</td>
<td>(F, Su, M)</td>
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<tr>
<td>Pan-fried chicken with lemon, caper, marsala caramellised butter sauce</td>
<td>Venison meatballs with feta, tomato and toasted pinenut bake</td>
<td>Chicken masala curry</td>
<td>Pork and apple burger with brioche bun and yuzu remoulade</td>
<td>Piri Piri chicken skewer with lime and turmeric rice</td>
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<tr>
<td>(SD, M)</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 23rd March 2020

#### DINNER

**MONDAY**
- Beetroot and red wine risotto
  - (*SD, CE*)
  - £2.60
- Roasted carrots with marmite butter, sourdough and herb and nut crumb
  - (*G, M, CE, N*)
  - £2.60
- Lime crusted catfish with creamy herb puy lentils
  - (*G, F, M*)
  - £3.40
- Turkey with peppercorn and Worcestershire cream sauce
  - (*F, M*)
  - £3.25

**TUESDAY**
- Chickpea falafel with red pepper and walnut paste, khobez flatbread
  - (*N, P, SE, G, L, SD*)
  - £2.75
- Crispy chilli Quorn stir-fry
  - (*S, SE, E*)
  - £2.60
- Tiger prawn with butternut, pak choi and kombu broth and egg noodles
  - (*E, G, CR*)
  - £3.40
- 12 hour braised pork brisket with sweet tamarind, soy noodles
  - (*G, E, S, SE, CE*)
  - £3.25

**WEDNESDAY**
- Onion pakoras with avocado dipping sauce
  - (*G*)
  - £2.60
- Mushroom risotto with tender stem broccoli
  - (*SD, CE, M*)
  - £2.60
- Tunisian fish stew with harissa, mint and new potatoes
  - (*F, S, CR*)
  - £3.40
- Black treacle and coffee brined pork belly slices with rice and black beans
  - (*G, E, S, SE, CE*)
  - £2.25

**THURSDAY**
- Yellow Thai vegetable curry with kaffir lime leaf and toasted coconut rice
  - (*S*)
  - £2.60
- Lentil moussaka with pinenut béchamel and smoked cheddar
  - (*G, M, N, E*)
  - £2.60
- Hake fillet with fennel, garlic and white wine
  - (*F, M, SD*)
  - £3.40
- Beer battered calamari with smoked sea salt, chilli jam and lime
  - (*G, MU, F, CR*)
  - £2.75

**FRIDAY**
- Sprouting broccoli with cashew and soy dressing, and pea shoots
  - (*N, MU, S, SE, G*)
  - £2.60
- Fish burrito with avocado, chilli and lime salsa
  - (*F, G, E, M*)
  - £3.40

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**Allergen Key:**
- **GREEN** = VEGAN
- **CE** = Celery
- **G** = Gluten
- **CR** = Crustaceans
- **F** = Fish
- **P** = Peanuts
- **S** = Sesame
- **SD** = Sulphites
- **MO** = Molluscs
- **MU** = Mustard
- **M** = Milk
- **L** = Lupin

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See the Friday Nights Specials Board and Facebook