## Week Commencing 02\textsuperscript{nd} March 2020
### 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 \((N, CE)\)
  £3.00  
Pasta bar \((G, E)\)
  £2.60  
Swedish meatballs with dill mash \((G, M, F, MU)\)
  £2.70  
Grilled miso salmon and kombu rice noodles \((F, E, S, SE)\)
  £3.40  | Butternut squash and sage macaroni \((L, G)\)
  £2.60  
Tomato, dill, black olive and orzo \((SD, G, M)\)
  £2.75  | Field mushroom, sundried tomato, pesto, coleslaw in a pretzel burger bun \((G, N, SD)\)
  £2.60  
Sweet potato, black bean and chipotle enchiladas with avocado and lime dressing \((G)\)
  £2.75  | Cajun tomato, roasted courgette and kidney bean risotto \((CE, G)\)
  £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  |
| Pastab bar \((G, E)\)
  £2.60  | Chicken Malabar curry \((MU)\)
  £3.25  | Chicken and black bean sauce with fried rice \((SD, E)\)
  £3.25  | Beer battered fish of the day with tartare sauce \((F, G, SD, E)\)
  £3.25  | Char Siu duck Asian slaw and black vinegar \((S, G, SE, SD)\)
  £3.40  |
| Smoked mackerel and sweet potato burger with caper and gherkin relish \((F, E, M, MU, SD, G)\)
  £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  |
**Week Commencing 02nd March 2020**

**DINNER**

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

**See the Friday Nights on Facebook**

**Allergen Key:**

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

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](#).