### Week Commencing 18th March 2019

#### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Tahini roasted cauliflower with lemony herb oil**  
£2.50  
(N, P, SE) | **Roasted fried aubergine with katsu curry sauce**  
£2.50  
(G, S, CE) | **Onion pakoras with avocado dipping sauce**  
£2.50  
(G) | **Sugar snap pea and carrot soba noodles**  
£2.50  
(G, SE, S, E) | **Vegetable tagine and saffron cous cous**  
£2.50  
(G, CE) |
| **Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun**  
£2.70  
(M, G, E, MU) | **Pasta bar**  
£2.50  
() | **Portobello mushroom with watercress leeks and goats cheese**  
£2.70  
(M) | **Pasta bar**  
£2.50  
() | **Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde**  
£2.70  
(M, SD, CE, MU) |
| **Roast cod with olive oil mash and gremolata**  
£3.00  
(F, M) | **Baked Salmon with pea and mint houmous with lemon**  
£3.40  
(F, SE, P, N, M) | **Red mullet with clam chowder and smoked pancetta**  
£3.40  
(F, MO, M, CR) | **Cajun spiced seabass with charred sweetcorn, pink grapefruit**  
£3.40  
() | **Beer battered haddock**  
£3.00  
() |
| **Pan-fried chicken with lemon, caper, marsala caramelised butter sauce**  
£3.00  
(SD, M) | **Lamb meatballs with feta, tomato and toasted pine nut bake**  
£2.70  
(M, G, E, SU, N) | **Beef masala curry**  
£2.70  
() | **Pork and apple burger with brioche bun and yuzu remoulade**  
£2.70  
(G, E, M, MU) | **Ketjap manis chicken skewer with lime and turmeric rice**  
£2.70  
(S, CE) |

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If you have any allergies, please notify a member of staff  
We welcome your comments, suggestions and feedback. You can leave yours here [feedback](mailto:feedback@yourwebsite.com)
**Week Commencing 18th March 2019**

**DINNER**

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<tr>
<td>Beetroot and red wine risotto</td>
<td>Chickpea falafel with red pepper and walnut paste, khobez flatbread</td>
<td>Onion pakoras with avocado dipping sauce</td>
<td>Yellow Thai vegetable curry with kaffir lime loaf and toasted coconut rice</td>
<td>Sprouting broccoli with cashew and soy dressing, and pea shoots</td>
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<tr>
<td><em>(SD)</em></td>
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<td><em>(G)</em></td>
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<td><em>(N, MU, S, SE)</em></td>
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<tr>
<td>Roasted carrots with marmite butter, sourdough and herb crumb</td>
<td>Charred pork with peppercorn and Worcestershire cream sauce</td>
<td>Chorizo and butter bean stew with cheddar and jalapeno bread</td>
<td>Beer battered calamari with smoked sea salt, chilli jam and lime</td>
<td>Fish burrito with avocado, chilli and lime salsa</td>
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<td>Lime crusted salmon with creamy herb puy lentils</td>
<td>Tiger prawn with butternut, pak choi and kombu broth and egg noodles</td>
<td>Tunisian fish stew with harissa, mint and new potatoes</td>
<td>Hake fillet with fennel, garlic and white wine</td>
<td><em>(S, SE, CE)</em></td>
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<td>Crispy chilli beef stir-fry</td>
<td>12 hour braised brisket with sweet tamarind, soy noodles</td>
<td>Black treacle and coffee brined pork belly slices with rice and black beans</td>
<td>Lamb moussaka with pinenut béchamel and smoked cheddar</td>
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<td>Nuts N</td>
<td>Pork PO</td>
<td>Peanuts P</td>
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<td>Gluten G</td>
<td>Fish F</td>
<td>Molluscs MO</td>
<td>Milk M</td>
<td>Sesame SE</td>
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<td>Lupin L</td>
<td>Sulphites SD</td>
<td>Mustard MU</td>
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**Allergen Key:**
- **GREEN** = VEGAN
- 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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