### Week Commencing 20th January 2019

**LUNCH**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| Mushroom Agedashi noodles  
  (G, S, CE)  
  £2.75 | Porcini mushroom bolognese with spaghetti  
  (CE, G)  
  £2.60 | Blackened Aubergine veggie chilli  
  (S, CE)  
  £2.60 | Mediterranean stuffed peppers  
  (N, G)  
  £2.75 | Lentil and barley burger with spicy fruit salsa  
  (G, S)  
  £2.75 |
| Pasta bar  
  (G, E)  
  £2.60 | Smoked haddock fish cakes with creamed leeks  
  (M, CE, G, F, SD, E)  
  £2.75 | Roasted pepper and Applewood smoked cheese quiche  
  (G, E, M, N)  
  £2.75 | Butternut and kale lasagne  
  (M, G)  
  £2.60 | Pasta bar  
  (G, E)  
  £2.60 |
| Darwin fish pie with a pretzel and cheddar crust  
  (M, G, MU, F)  
  £2.75 | Chicken, smoked bacon and bean stew with crispy sage  
  (CE, M, SD)  
  £3.25 | Pan roasted salmon with three tomatoes  
  (F)  
  £3.40 | Fish curry, coriander and lemon  
  (F, G, CR)  
  £3.25 | Harissa and lime roast chicken  
  (G, M, SD)  
  £3.25 |
| Buttermilk fried chicken, Frank’s Hot sauce, basil & garlic mayo  
  (M, E, G)  
  £3.25 | Korean noodles with garlic and ginger stir-fried vegetables and egg noodles  
  (G, S, E)  
  £2.75 | Keralan curry  
  (CE)  
  £3.25 | Pork belly, toasted fennel seed crust, herb salsa  
  (CE, SD)  
  £3.25 | Beer battered fish of the day  
  (G, F, E, SD)  
  £3.25 |

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](mailto:feedback@yourwebsite.com)
### Week Commencing 20th January 2019

#### DINNER

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Golden squash, pepper and tomato gratin</strong>&lt;sup&gt;(CE)&lt;/sup&gt;</td>
<td><strong>Stir fried vegetables, smokey sweet &amp; sour BBQ sauce, green herbs &amp; brown rice</strong>&lt;sup&gt;()&lt;/sup&gt;</td>
<td><strong>Chilli glazed tofu, cauliflower and steamed rice</strong>&lt;sup&gt;(S, SE)&lt;/sup&gt;</td>
<td><strong>Tandoori Oumph!, tzatziki, pitta &amp; salad</strong>&lt;sup&gt;(S, SE)&lt;/sup&gt;</td>
<td><strong>Lightly spiced root vegetable casserole, herb dumplings</strong>&lt;sup&gt;(CE, G, SD)&lt;/sup&gt;</td>
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<td>£2.60</td>
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<td><strong>Shanghai-style vegetables, pak choi and steamed basmati</strong>&lt;sup&gt;(S, SD)&lt;/sup&gt;</td>
<td><strong>Mushroom and spinach, walnut crumble</strong>&lt;sup&gt;(M, G, N, CE)&lt;/sup&gt;</td>
<td><strong>Vegetable kebab, with herb bulgur wheat and pomegranate</strong>&lt;sup&gt;(CE, G, M)&lt;/sup&gt;</td>
<td><strong>Butternut and kale lasagne</strong>&lt;sup&gt;(M, G)&lt;/sup&gt;</td>
<td><strong>Pesto and olive crusted fish with lemon and caper butter</strong>&lt;sup&gt;(F, G, SU, M)&lt;/sup&gt;</td>
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<td><strong>Asian salmon &amp; sweet potato tray bake</strong>&lt;sup&gt;(CE, F, SE, S)&lt;/sup&gt;</td>
<td><strong>Zesty citrus haddock crushed potatoes, minted peas</strong>&lt;sup&gt;(F, SU)&lt;/sup&gt;</td>
<td><strong>Chicken and chorizo kebab, with herb bulgur wheat and pomegranate</strong>&lt;sup&gt;(CE, G)&lt;/sup&gt;</td>
<td><strong>Scampi and tartar sauce with lemon</strong>&lt;sup&gt;(M, CR, G)&lt;/sup&gt;</td>
<td><strong>£3.40</strong></td>
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<td><strong>Chargrilled pork chop, creamy bacon and leek sauce</strong>&lt;sup&gt;(M, MU)&lt;/sup&gt;</td>
<td><strong>Confit duck leg with star anise and orange sauce</strong>&lt;sup&gt;(CE, SU)&lt;/sup&gt;</td>
<td><strong>Hoki with wild rice, oregano and fennel</strong>&lt;sup&gt;(F)&lt;/sup&gt;</td>
<td><strong>Roast loin of pork with caramelised apple and cider jus</strong>&lt;sup&gt;(M)&lt;/sup&gt;</td>
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See the Friday Nights Specials Board and 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**
- Peanut **P**
- Sulphites **SD**

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