



Week Commencing 19th November 2018



LUNCH

MONDAY

Tahini roasted cauliflower with lemony herb oil

£2.50

(N, P, SE)

Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun

£2.70

(M, G, E, MU)

Roast cod with olive oil mash and gremolata

£3.00

(F, M)

Pan-fried chicken with lemon, caper, marsala caramelised butter sauce

£3.00

(SD, M)

TUESDAY

Panko fried aubergine with katsu curry sauce

£2.50

(E, M, G, S, CE)

Pasta bar

£2.50

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Baked Salmon with pea and mint houmous with lemon

£3.40

(F, SE, P, N, M)

Lamb meatballs with feta, tomato and toasted pinenut bake

£2.70

(M, G, E, SU, N)

WEDNESDAY

Onion pakoras with avocado dipping sauce

£2.50

(G)

Portobello mushroom with watercress leeks and goats cheese

£2.70

(M)

Red mullet with clam chowder and smoked pancetta

£3.40

(F, MO, M, CR)

Beef masala curry

£2.70

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THURSDAY

Sugar snap pea and carrot soba noodles

£2.50

(G, SE, S, E)

Pasta bar

£2.50

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Cajun spiced seabass with charred sweetcorn, pink grapefruit

£3.40

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Pork and apple burger with brioche bun and yuzu remoulade

£2.70

(G, E, M, MU)

FRIDAY

Vegetable tagine and saffron cous cous

£2.50

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Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde

£2.70

(M, SD, CE, MU)

Beer battered haddock

£3.00

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Ketjap manis chicken skewer with lime and turmeric rice

£2.70

(S, CE)



If you have any allergies, please notify a member of staff
We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#)



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DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beetroot houmous, crispy chickpea sub and basil pesto £2.70</p> <p><i>()</i></p> <p>Roasted carrots with marmite butter, sourdough and herb crumb £2.50</p> <p><i>(G, M)</i></p> <p>Lime crusted salmon with creamy herb puy lentils £3.00</p> <p><i>(G, F, M)</i></p> <p>Crispy chilli beef stir-fry £2.70</p> <p><i>(S, SE)</i></p>	<p>Chickpea falafel with red pepper and walnut paste, khobez flatbread £2.50</p> <p><i>(N, P, SE)</i></p> <p>Charred pork with peppercorn and Worcestershire cream sauce £2.70</p> <p><i>(F, M)</i></p> <p>Tiger prawn with butternut, pak choi and kombu broth and egg noodles £3.00</p> <p><i>()</i></p> <p>12 hour braised brisket with sweet tamarind, soy noodles £3.00</p> <p><i>(S, SE, CE)</i></p>	<p>Toasted ciabatta with tomato, mozzarella, garlic rapeseed oil and nut free pesto £2.50</p> <p><i>()</i></p> <p>Chorizo and butter bean stew with cheddar and jalapeno bread £2.50</p> <p><i>(G, CE, M)</i></p> <p>Tunisian fish stew with harissa, mint and new potatoes £3.00</p> <p><i>(F)</i></p> <p>Black treacle and coffee brined pork belly slices with rice and black beans £3.00</p> <p><i>()</i></p>	<p>Yellow Thai vegetable curry with kaffir lime loaf and toasted coconut rice £2.70</p> <p><i>()</i></p> <p>Beer battered calamari with smoked sea salt, chilli jam and lime £3.00</p> <p><i>(G, MU, F, CR)</i></p> <p>Hake fillet with fennel, garlic and white wine £3.00</p> <p><i>(F, M, SD)</i></p> <p>Lamb moussaka with pinenut béchamel and smoked cheddar £2.70</p> <p><i>(G, M, N, E)</i></p>	<p>Sprouting broccoli with cashew and soy dressing, Greek yoghurt and pea shoots £2.50</p> <p><i>(N, MU, S, M, SE)</i></p> <p>Fish burrito with avocado, chilli and lime salsa £3.00</p> <p><i>()</i></p> <p style="text-align: center;">See the Friday Nights Specials Board and Facebook</p>

Allergen Key:

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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