## Week Commencing 16th July 2018

### 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>Panko fried aubergine with katsu curry sauce</td>
<td>Onion pakoras with avocado dipping sauce</td>
<td>Sugar snap pea and carrot soba noodles</td>
<td>Vegetable tagine and saffron cous cous</td>
</tr>
<tr>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
</tr>
<tr>
<td>(N, P, SE)</td>
<td>(E, M, G, S, CE)</td>
<td>(G)</td>
<td>(G, SE, S, E)</td>
<td>(M, SD, CE, MU)</td>
</tr>
<tr>
<td>Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun</td>
<td>Pasta and sauce</td>
<td>Portobello mushroom with watercress leeks and goats cheese</td>
<td>Pasta and sauce</td>
<td>Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde</td>
</tr>
<tr>
<td>£2.60</td>
<td>£2.35</td>
<td>£2.60</td>
<td>£2.35</td>
<td>£2.60</td>
</tr>
<tr>
<td>(M, G, E, MU)</td>
<td></td>
<td>(M)</td>
<td>(G, SE, S, E)</td>
<td>(M, SD, CE, MU)</td>
</tr>
<tr>
<td>Roast cod with olive oil mash and gremolata</td>
<td>Baked Salmon with pea and mint houmous with lemon</td>
<td>Red mullet with clam chowder and smoked pancetta</td>
<td></td>
<td>Beer battered haddock</td>
</tr>
<tr>
<td>£2.90</td>
<td>£2.90</td>
<td>£2.90</td>
<td></td>
<td>£2.90</td>
</tr>
<tr>
<td>(F, M)</td>
<td>(F, SE, P, N, M)</td>
<td>(F, MO, M, CR)</td>
<td></td>
<td>(M, SD, CE, MU)</td>
</tr>
<tr>
<td>Pan-fried chicken with lemon, caper, marsala caramalised butter sauce</td>
<td>Lamb meatballs with feta, tomato and toasted pinenut bake</td>
<td>Beef masala curry</td>
<td>Pork and apple burger with brioche bun and yuzu remoulade</td>
<td>Ketjap manis chicken skewer with lime and turmeric rice</td>
</tr>
<tr>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.60</td>
</tr>
<tr>
<td>(SD, M)</td>
<td>(M, G, E, SU, N)</td>
<td></td>
<td>(G, E, M, MU)</td>
<td>(S, CE)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

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

### MONDAY
- Beetroot houmous, crispy chickpea sub and basil pesto  
  £2.35
- Roasted carrots with marmite butter, sourdough and herb crumb  
  £2.60
- Lime crusted salmon with creamy herb puy lentils  
  £2.90
- Crispy chilli beef stir-fry  
  £2.60

### TUESDAY
- Chickpea falafel with red pepper and walnut paste, khobez flatbread  
  £2.35
- Charred pork with peppercorn and Worcestershire cream sauce  
  £2.60
- Tiger prawn with butternut, pak choi and kombu broth and egg noodles  
  £2.90
- 12 hour braised brisket with sweet tamarind, soy noodles  
  £2.60

### WEDNESDAY
- Toasted ciabatta with tomato, mozzarella, garlic rapeseed oil and nut free pesto  
  £2.35
- Chorizo and butter bean stew with cheddar and jalapeno bread  
  £2.60
- Tunisian fish stew with harissa, mint and new potatoes  
  £2.90
- Black treacle and coffee brined pork belly slices with rice and black beans  
  £2.60

### THURSDAY
- Yellow Thai vegetable curry with kaffir lime loaf and toasted coconut rice  
  £2.35
- Beer battered calamari with smoked sea salt, chilli jam and lime  
  £2.90
- Hake fillet with fennel, garlic and white wine  
  £2.90
- Lamb moussaka with pinenut béchamel and smoked cheddar  
  £2.60

### FRIDAY
- Sprouting broccoli with cashew and soy dressing, Greek yoghurt and pea shoots  
  £2.35
- Fish burrito with avocado, chilli and lime salsa  
  £2.90

### Specials Board
- See the Friday Nights Specials Board and Facebook

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

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