## Week Commencing 30th September 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**  
(N, P, SE)  
£2.60 | **Roasted fried aubergine with katsu curry sauce**  
(G, S, CE)  
£2.60 | **Onion pakoras with avocado dipping sauce**  
(G)  
£2.60 | **Sugar snap pea and carrot egg noodles**  
(G, SE, S)  
£2.60 | **Vegetable tagine and saffron cous cous**  
(G, CE)  
£2.60 |
| **Crispy polenta halloumi with tomato and black bean salsa, smoked paprika mayo with brioche bun**  
(M, G, E, MU)  
£3.25 | **Pasta bar**  
Ask for details  
£2.60 | **Portobello mushroom with watercress leeks and goats cheese**  
(M)  
£2.75 | **Pasta bar**  
Ask for details  
£2.60 | **Pan-fried celeriac steak with garlic and herb butter, kale and salsa verde**  
(M, SD, CE, MU)  
£2.60 |
| **Roast Pollock with olive oil mash and gremolata**  
(F, M)  
£3.40 | **Baked Hoki with pea and mint houmous with lemon**  
(F, SE, P, N, M)  
£3.40 | **Sea trout with clam chowder and smoked pancetta**  
(F, MO, M, CR)  
£3.40 | **Cajun spiced seabass with charred sweetcorn, pink grapefruit**  
($)  
£3.40 | **Beer battered fish of the day**  
(F, G, M)  
£3.25 |
| **Pan-fried chicken with lemon, caper, marsala caramelised butter sauce**  
(SD, M)  
£2.60 | **Venison meatballs with feta, tomato and toasted pinenut bake**  
(M, G, E, SU, N)  
£3.40 | **Chicken masala curry**  
(MU, CE)  
£3.25 | **Pork and apple burger with brioche bun and yuzu remoulade**  
(G, E, M, MU)  
£3.25 | **Piri Piri chicken skewer with lime and turmeric rice**  
(S, CE)  
£3.40 |

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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](#).
## Week Commencing 30th September 2019

### DINNER

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Beetroot and red wine risotto</strong>&lt;br&gt;<strong>(SD)</strong>&lt;br&gt;£2.60</td>
<td><strong>Chickpea falafel with red pepper and walnut paste, khobez flatbread</strong>&lt;br&gt;<strong>(N, P, SE)</strong>&lt;br&gt;£2.75</td>
<td><strong>Onion pakoras with avocado dipping sauce</strong>&lt;br&gt;<strong>(G)</strong>&lt;br&gt;£2.60</td>
<td><strong>Yellow Thai vegetable curry with kaffir lime leaf and toasted coconut rice</strong>&lt;br&gt;<strong>(L)</strong>&lt;br&gt;£2.60</td>
<td><strong>Sprouting broccoli with cashew and soy dressing, and pea shoots</strong>&lt;br&gt;<strong>(N, S, SE)</strong>&lt;br&gt;£2.60</td>
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<tr>
<td><strong>Roasted carrots with marmite butter, sourdough and herb crumb</strong>&lt;br&gt;<strong>(G, M)</strong>&lt;br&gt;£2.60</td>
<td><strong>Crispy chilli quorn stir-fry</strong>&lt;br&gt;<strong>(S, SE)</strong>&lt;br&gt;£2.60</td>
<td><strong>Mushroom risotto with tender stem broccoli</strong>&lt;br&gt;<strong>(G)</strong>&lt;br&gt;£2.60</td>
<td><strong>Lentil moussaka with pinenut béchamel and smoked cheddar</strong>&lt;br&gt;<strong>(G, M, N, E)</strong>&lt;br&gt;£2.60</td>
<td><strong>Fish burrito with avocado, chilli and lime salsa</strong>&lt;br&gt;<strong>(F)</strong>&lt;br&gt;£3.40</td>
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<td><strong>Lime crusted catfish with creamy herb puy lentils</strong>&lt;br&gt;<strong>(G, F, M)</strong>&lt;br&gt;£3.40</td>
<td><strong>Tiger prawn with butternut, pak choi and kombu broth and egg noodles</strong>&lt;br&gt;<strong>(L)</strong>&lt;br&gt;£3.40</td>
<td><strong>Tunisian fish stew with harissa, mint and new potatoes</strong>&lt;br&gt;<strong>(F)</strong>&lt;br&gt;£3.40</td>
<td><strong>Hake fillet with fennel, garlic and white wine</strong>&lt;br&gt;<strong>(F, M, SD)</strong>&lt;br&gt;£3.40</td>
<td><strong>12 hour braised pork brisket with sweet tamarind, soy noodles</strong>&lt;br&gt;<strong>(S, SE, CE)</strong>&lt;br&gt;£3.25</td>
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<td><strong>Turkey with peppercorn and Worcestershire cream sauce</strong>&lt;br&gt;<strong>(F, M)</strong>&lt;br&gt;£3.25</td>
<td><strong>12 hour braised pork brisket with sweet tamarind, soy noodles</strong>&lt;br&gt;<strong>(S, SE, CE)</strong>&lt;br&gt;£3.25</td>
<td><strong>Black treacle and coffee brined pork belly slices with rice and black beans</strong>&lt;br&gt;<strong>(L)</strong>&lt;br&gt;£2.75</td>
<td><strong>Beer battered calamari with smoked sea salt, chilli jam and lime</strong>&lt;br&gt;<strong>(G, MU, F, CR)</strong>&lt;br&gt;£2.75</td>
<td><strong>Beer battered calamari with smoked sea salt, chilli jam and lime</strong>&lt;br&gt;<strong>(G, MU, F, CR)</strong>&lt;br&gt;£2.75</td>
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### Allergen Key:

- **GREEN = VEGAN**
- **Gluten G**
- **Celery CE**
- **Fish F**
- **Lupin L**
- **Milk M**
- **Mustard MU**
- **Nuts N**
- **Pork PO**
- **Sesame SE**
- **Soya S**
- **Crustaceans CR**
- **Molluscs MO**

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