



Week Commencing 18th September 2017



LUNCH

MONDAY

Mushroom stroganoff,
crème fraiche with herb rice
£2.35

(M)

Chargrilled jerk pork steak
with papaya and
mango salsa
£2.60

(G)

Gnocchi
with smoked pancetta
lardons, spinach pesto and
mascarpone
£2.60

(G, N, M)

Gluten free crispy hake
with yuzu aioli and rocket
salad
£2.90
(F, E, MU)

TUESDAY

Leek, kale and gruyere tart
with fried rocket
£2.35

(M, G, E)

Beef bourguignon with
smoked sea salt sour dough
croutons
£2.60

(SE, G)

Pan fried sea trout with
pearl barley risotto, tender
stem broccoli and lemon
£2.80

(F, G)

Gluten free pasta bar
£2.35

(E, M)

WEDNESDAY

Cauliflower and macaroni
cheese, topped with tomato
and brioche crumb
£2.35

(G, M)

Benghli lamb curry with
toasted almonds and
yoghurt
£2.60

(MU, N, M)

Salt & pepper tempura tofu
with pak choi, bean sprouts
and toasted peanuts
£2.60

(S, G, N)

Roast haddock fillet
with feta mash, roasted
prawn veloute
£2.90

(F, M, CR)

THURSDAY

Sweet potato & black bean
burger with cashew milk
dressing
£2.35

(N)

Mozambican BBQ chicken
with lime, red onion, chilli
and coriander
£2.60

(S)

Breaded harissa cod
with lemon and red onion
and coriander cous cous
£2.90

(M, E, G, F, MU)

Gluten free pasta bar
£2.35

(E, M)

FRIDAY

Penne pasta
with leeks, smoked garlic
and wild mushrooms
£2.35

(CE, G)

Cuban choripan baguette
with fried onions
£2.60

(M, E, G)

Chicken breast topped with
black olive tapenade and
mozzarella on wilted spinach
£2.60

(M, N)

Deep fried fish
with homemade tartar sauce
£2.90

(G, F, MU)





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
Leek and butternut pasta gratin £2.35 (G, M, E)	Florentine £2.35 (M, E)	Marsal dosa, spiced lentils, potato, toasted seeds on nann bread £2.35 (N, SE, MU, G, CE)	Wild mushroom tagleggio risotto with white truffle oil £2.35 (M)	Pepper, spinach and coconut curry with crispy kale £2.60 (I) 
Pulled beef pasta with ragu sauce £2.60 (G, E, SD, MU)	Cornish crab linguine with fennel, lemon and pea shoots £2.90 (CR, G, E, M)	Stir-fried chicken Pad Thai with noodles with a sweet tamarind sauce £2.60 (G, SE, SD, S)	Bulgogi beef, toasted sesame seeds £2.60 (SE, S, G)	Darwin burger bun, homemade burger sauce, tomato, baby gem and monetary jack cheese £2.60 (G, E, CE, M)
Sea trout, black sesame seeds, ponzu sauce and pak choi £2.90 (F, SE, S, CE)	Baby back pork ribs Marinated with honey, rosemary and mustard £2.90 (SD, MU)	Roasted salmon penne pasta, Asparagus and broccoli £2.90 (F, G, M)	Vegetable and bean chilli, guacamole and nachos £2.60 (CE, MU) 	Pan fried plaice, puy lentils, spinach with a caper sauce £2.90 (F, M)
Cajun spiced chicken, pinto beans and piri piri mayo £2.60 (G, E, MU)	Roast chicken quarter, cranberry shiraz relish, with stuffing and gravy £2.60 (G, CE)	Confit duck leg with roasted apples, celeriac and honey and gravy £2.90 (I)	Salmon coulbiac with hollandaise sauce £2.90 (F, E, G, MU)	Ricotta and mozzarella pizza with pecorino, sun blush tomato, basil and extra virgin olive oil £2.35 (G, M, SD)

Allergen Key:

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

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