



Week Commencing 25th February 2019



LUNCH

MONDAY

Vegetable and Quorn lasagne
£2.50

(CE, G, M)

Grilled Salmon with Balsamic Onion Glaze
£3.40

(F, SD)

Turkey Milanese with tomato sauce and spaghetti
£2.70

(G, E, M)

Rib Eye Steak with peppercorn sauce
£3.75

(M, SD)

TUESDAY

Beetroot, pumpkin and goat's cheese tarte tatin
£2.70

(M, G, E)

Braised Italian style cod loin
£3.00

(F, SD)

Caribbean Chicken with Mango and Rice
£3.00

(CE, M)

Gluten free pasta bar
£2.50

(ask for details)

WEDNESDAY

Falafel with houmous cucumber yoghurt, red onion and chopped tomato
£2.70

(G, L, M)

Quorn Enchiladas with rice and corn salad
£2.50

(G)

Fillet of Hake with Veronique sauce
£3.00

(E, F, M, MU, SD)

Kashmir Lamb curry
£2.70

(M, N)

THURSDAY

Polenta and Parmesan fritters with apple relish
£2.50

(CE, M)

Mustard-Grilled Salmon
£3.40

(F, MU)

Steak and Ale pie with puff pastry crust
£2.70

(G, CE, E)

Gluten free pasta bar
£2.50

(ask for details)

FRIDAY

Sundried Tomato and Red pepper risotto with rocket salad
£2.50

(CE)

Beer Battered Haddock, tartar sauce and lemon
£3.00

(G, M, E, SD, F, MU)

Hoisin Chicken kebab with noodles and cucumber
£2.70

(G, S)

Crispy Catfish with cucumber pickle banh mi
£3.00

(F, E, M, SD, S)



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 25th February 2019



DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Bean and Tomato chilli corn pie £2.50 <i>(G, E, M, SD)</i>	Wild Mushroom Gnocchi with goats cheese £2.50 <i>(CE, G, E, M)</i>	Carrot Cakes with harissa yoghurt and flat bread £2.50 <i>(CE, G, E, F, M, SD)</i>	Bean and Spinach korma £2.50 <i>(CE, G, MU, N)</i>	Quorn and Bean gumbo £2.50 <i>(CE, G)</i>	
Malay-style braised fish £3.00 <i>(C, CR, F, S)</i>	Smoked Haddock with chive and mussel risotto £3.00 <i>(CE, F, M)</i>	Teriyaki Hoki With stir-fried veg and sesame £3.00 <i>(CE, G, SE, S)</i>	Nori Crusted Salmon £3.40 <i>(F, M, SE)</i>	Breaded Fish fillet with herb mayonnaise £3.00 <i>(G, E, M, SE)</i>	
Irish Coddled pork with cider £2.70 <i>(CE, SD)</i>	Lamb filo pie £2.70 <i>(G, CE, M)</i>	Duck tagine with clementine's £3.40 <i>(SE)</i>	Daube of Pork £2.70 <i>(CE, SD)</i>	<p style="text-align: center;">See the Friday Nights Specials Board and Facebook</p>	
Caramel Chilli Chicken £2.70 <i>(CR, F, MO)</i>	Pork Loin Steak with onion rings and sweet corn £3.00 <i>(G, E, M)</i>	Coq au vin £3.00 <i>(CE, G, M, SD)</i>	Quarter Roast Chicken with bread sauce and natural jus £3.00 <i>(CE, SD)</i>		
Allergen Key:	Celery <i>CE</i> Gluten <i>G</i> Crustaceans <i>CR</i>	Egg <i>E</i> Fish <i>F</i> Lupin <i>L</i>	Nuts <i>N</i> Molluscs <i>MO</i> Sulphites <i>SD</i>		Pork <i>PO</i> Milk <i>M</i> Mustard <i>MU</i>

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