

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Pumpkin and Ginger Soup 90kcal	Tom Yum Soup 121kcal	Soupe au Pistou 245kcal	
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	
Beef Lok Lak 710kcal	Bavette Steak with Peppercorn Sauce 304kcal	West Indian Style Chicken with sauce Chien 268kcal	
Breaded Fillet of Plaice 411kcal	Catch of the day with Olive Tapenade 183kcal	Spiced Fillet of Coley 118kcal	
Chinese Vegetable Stew 348kcal (Vegan)	Spicy Bean Burger with Tomato Salsa 503kcal (Vegan)	West Indian Vegetable Curry 543 kcal (Vegetarian)	Build a Burger Day Please see Signage for Details
Cambodian Cucumber Salad 238kcal	Dauphinoise Potatoes 352kcal	Caribbean Slaw 262kcal	
Ginger Fried Rice 148kcal	Sesame Roasted Broccoli 73kcal	Gallo Pinto 369kcal	
Stir Fried Chilli Aubergine 222kcal	Skinny Fries 337kcal	Steamed Cabbage 52kcal	
Wilted Pak Choi 110kcal		Cuban Black Beans 305kcal	
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	
5 Spiced Bread and Butter Pudding 486kcal	Apple and Cinnamon Crumble 226kcal	Lemon and Orange Tart with Crème Chantilly 570kcal	

Friday	Saturday	Sunday
Spiced Lentil Soup 138kcal	BRUNCH	Celeriac Soup 237kcal
Served With Freshly Baked Bread	5 Item Deal + Water/Hot drink £3.95	Served With Freshly Baked Bread
Korean Style Bulgogi Beef 494kcal (Halal)	Items available:	Roasted Pork Loin With Mustard Sauce 562kcal
Freshly Battered Haddock 326kcal	Toast, Sausage, Vegetarian Sausage, Bacon, Mushrooms, Tomatoes, Hash Browns, Fried Egg, Baked Beans	
Cauliflower Steak with Crispy Capers 277kcal (Vegan)		Root Vegetable and Lentil Pie 457kcal (Vegetarian)
BBQ Pit Beans 218kcal	Waffles and Chocolate Sauce 484 kcal	Roasted Potato's 391kcal
Double Cooked Hand Cut Chips 381kcal		Sweetheart Cabbage 68kcal
Garden Peas 81kcal	Selection of Paninis and toasties	Roasted Beetroot 86kcal
Rice 130kcal		
DESSERT OF THE DAY	Fruit Salad 50kcal	DESSERT OF THE DAY
Coffee and Walnut Cake 620kcal		Duke Of Cambridge Tart 622kcal

Enjoy our
freshly
prepared
salads
every day!