

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Mushroom and Truffle Soup 153kcal	Lentil Soup 104kcal	Courgette and Cumin Soup 131kcal	Spinach and Chickpea Soup 119kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Jerk Chicken 429kcal (Halal)	Smoky Pork and Boston Bean Tray bake 475kcal	Honey Mustard Chicken One Pot 326kcal	Crispy Katsu Chicken 382kcal
Smoked Haddock & Spring Onion Fishcakes 471kcal	Sweet Chilli Chicken Skewers 462kcal	Haddock Fillet with Tomato and Olive Dressing 332kcal	Tandoori Roasted Coley 191kcal
Jamaican Chickpea Curry 458kcal (Vegan)	Goats Cheese and Thyme Cobbler 554Kcal (Vegetarian)	Masala Frittata with Avocado Salsa 347kcal (Vegetarian)	Katsu Aubergine 341kcal (Vegan)
Garlic Potatoes 135kcal	Herby Mashed Potatoes 222kcal	Crushed New Potatoes 129kcal	Jasmine Rice 181kcal
Jerk Spiced Vegetables 128kcal	Kale 49kcal	Parsnips 200kcal	Masala Potatoes 156kcal
Rice and Peas 195 kcal	Thyme Roasted Carrots 90kcal	Cauliflower Cheese 160kcal	Aloo Gobi 322kcal
Corn on the Cob 106kcal		Roast Potatoes 391kcal	Poppadum's and Dips 250 kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Banoffee Pie 458kcal	Chocolate and Pear Pudding 513kcal	Kit Kat Cheesecake 429kcal	Caramel Apple Jalousie 484kcal

Friday	Saturday	Sunday
Leek and Butterbean Soup 139kcal		Broccoli Soup 104Kcal
Served With Freshly Baked Bread	Brunch	Served With Freshly Baked Bread
Sausage and Caramelised Red Onion Plait 562kcal		Honey Roast Gammon 334kcal
Freshly Battered Haddock 326kcal	Selection Of Pastries, Paninis and Toasties	Lentil Loaf 388kcal
Seitan Kebab with Slaw and Garlic Hot Sauce 783kcal (Vegan)		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Savoy Cabbage 52kcal
Sweet Potato Mash 142kcal	Waffles and Chocolate Sauce	Roasted Carrots 82kcal
Smashed Celeriac and Butterbeans 157kcal		New Potatoes 129kcal
Peas 81kcal		
DESSERT OF THE DAY	Fruit Salad 56kcal	DESSERT OF THE DAY
Jam Roly Poly and Custard 332kcal		Apple and Cinnamon Crumble 355kcal

Enjoy our freshly prepared salads every day!