

WEEKLY MENU

Dinner

Monday	Tuesday	Wednesday	Thursday
Celery and Parsnip Soup 190kcal	Tomato and Fennel Soup 209kcal	Soupe au Pistou 245kcal	Miso Cauliflower Soup 167kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chicken and Bacon Carbonara 603kcal	Braised Beef Goulash 576kcal	West Indian Style Chicken with sauce Chien 268kcal (Halal)	Breaded Buffalo Chicken 769kcal (Street Food)
Breaded Plaice Fillet 348kcal	Cauliflower, Squash and orzo Gratin 553kcal (Vegetarian)	West Indian Vegetable Curry 543 kcal (Vegan)	Paprika Roasted Haddock Fillet 156kcal
Wild Mushroom and Garlic Stroganoff 329kcal (Vegetarian)	Herb Crushed New Potatoes 129kcal	Caribbean Slaw 262kcal	Winter Vegetable Risotto 505kcal (Vegan)
Tagliatelle 288kcal	Roasted Swede 51kcal	Gallo Pinto 369kcal	Skinny Fries 337kcal
Focaccia 250kcal	Leeks 61kcal	Steamed Cabbage 52kcal	Side Salad 140kcal
Calvoro Nero 39kcal		Cuban Black Beans 305kcal	Green Beans 62kcal
Roasted Fennel 170kcal			Garlic Ciabatta 274kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Strawberry Pannacotta 477kcal	Lemon and Blackberry Cheesecake 379kcal	Lemon and Orange Tart with Crème Chantilly 570kcal	Salted Caramel Swiss Roll 571kcal

Friday	Saturday	Sunday
Roasted Tomato and Red Pepper Soup 153kcal		
Served With Freshly Baked Bread	No Service	No Service
Chicken Tikka Masala 445kcal (Halal)		
Oyster Mushroom Balti 552kcal (Vegetarian)		
Basmati Rice 210kcal		
Handmade Naan Bread 262kcal		
Cumin Roasted Broccoli 72kcal		
Bombay Butternut Squash 93kcal		
DESSERT OF THE DAY		
Mango and Rose Crème Brûlée 384kcal		

Enjoy our freshly prepared salads every day!