

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Broccoli Soup 90kcal	Tom Yum Soup 121kcal	French Onion Soup 245kcal	Cumin Aubergine Soup 157kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Cajun Chicken 369kcal (Halal)	Pork Escalope with Peppercorn Sauce 304kcal (Light Lunch)	Steak, Ale and Silverskin Onion Pie 668kcal	Lamb Kofta Flatbread 563kcal
Smoked Haddock and Spring Onion Fishcakes 408kcal	Catch of the day with Olive Tapenade 183kcal	Creamy Chicken and Mushroom Pie 718kcal (Halal)	Mixed Seafood Paella 431kcal
Chinese Vegetable Stew 348kcal (Vegan)	Spicy Bean Burger with Tomato Salsa 503kcal (Vegan) (Street Food)	Harissa Roasted Squash and "Feta" Pie 543kcal (Vegan)	Tomato and Halloumi One Pot 577kcal
Cambodian Cucumber Salad 238kcal	Dauphinoise Potatoes 352kcal	Wholegrain Mustard Mashed Potato 214kcal	Garlic Roasted Green Beans 72kcal
Ginger Fried Rice 148kcal	Sesame Roasted Broccoli 73kcal	Peas 69kcal	Patatas Bravas 407kcal
Stir Fried Chilli Aubergine 222kcal	Skinny Fries 337kcal	Tenderstem Broccoli 98kcal	Spanish Style Bread 290kcal
Wilted Pak Choi 110kcal		Rosemary Roasted Potatoes 364kcal	Caesar Salad 330kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
5 Spiced Bread and Butter Pudding 486kcal	Crème Caramel 412kcal	Banoffee Pie 570kcal	Lime Posset 619kcal

Friday	Saturday	Sunday
Spiced Lentil Soup 138kcal	Brunch	Honey Roast Parsnip Soup 237kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Korean Style Bulgogi Beef 494kcal	Fruit Salad 50kcal	Roasted Pork Loin With Mustard Sauce 562kcal
Freshly Battered Haddock 326kcal		Root Vegetable and Lentil Pie 457kcal
Cauliflower Steak with Crispy Capers 277kcal (Vegan)	Waffles and Chocolate Sauce 484kcal	Roasted Potato's 391kcal
BBQ Pit Beans 218kcal		Sweetheart Cabbage 68kcal
Double Cooked Hand Cut Chips 381kcal		Roasted Beetroot 86kcal
Garden Peas 81kcal		
Rice 130kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Coffee and Walnut Cake 620kcal		Duke Of Cambridge Tart 622kcal

Enjoy our freshly prepared salads every day!