

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Parsnip and Pea Soup 217kcal	Pea and Mint Soup 108kcal	Courgette, Potato and Cheddar Soup 131kcal	Courgette and Cumin Soup 131kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
South African Chutney Chicken 450kcal (Halal)	Smoky Pork and Boston Bean Tray bake 475kcal	Honey Mustard Chicken One Pot 326kcal	Bratwurst in a Pretzel Roll with Sauerkraut and Jalapeños 803kcal
Breaded Plaice with Caper Butter 308kcal	Fish Finger Sandwich With Chunky Tartare and Rocket 755kcal	Catch of the day with Tomato and Olive Dressing 332kcal	Smoked Haddock Kedgeree 878kcal
Spring Vegetable Frittata 310kcal (Vegetarian)	Jamaican Chickpea and Vegetable Stew 458kcal (Vegan)	Fennel and Chestnut Roast with Caribbean Relish 581kcal (Vegetarian)	Beetroot Bourguignon 183kcal (Vegan)
Jasmine Rice 181kcal	Herby Mashed Potato 222kcal	Crushed New 129kcal	Sweet Potato Mash 249kcal
Charred Carrots 90kcal	Thyme Roasted Carrots 90kcal	Honey Roast Parsnips 200kcal	Skinny Fries 312kcal
Side Salad 140kcal	Corn on the Cob 106kcal	Cauliflower Cheese 260kcal	Green Beans 62kcal
Boereboontjies 103kcal	Cajun Rice 291kcal	Roast Potato's 391kcal	Smoky BBQ Beans 118kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Raspberry Brûlée 523kcal	Jam and Coconut Sponge 272kcal	Hot Cross Bun and Lemon Pudding 676kcal	Rice Pudding with Brown Sugar and Mixed Fruit Jam 261kcal

Friday	Saturday	Sunday
Spinach and Chickpea Soup 119kcal	Brunch	CLOSED
Served With Freshly Baked Bread		
Goan Pulled Pork with Naan and Riata 539kcal	Belgian Waffles and Chocolate sauce 484kcal	
Freshly Battered Haddock 326kcal		
Ricotta Gnocchi with Toasted Garlic and Walnuts 560kcal (Vegetarian)		
Double Cooked Hand Cut Chips 381kcal		
Mushy Peas 173kcal		
Cumin Roasted Carrots 90kcal		
DESSERT OF THE DAY		
Cornflake Tart 405kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!