

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
Haddock Fillet with Salsa Verde 327kcal	Fish Finger Sandwich With Chunky Tartare and Rocket 755kcal	Catch of the day with Tomato and Olive Dressing 332kcal	Smoked Mackerel 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)
Charred Carrots 90kcal	Herby Mashed Potato 222kcal	Honey Roast Parsnips 200kcal	Skinny Fries 312kcal
Side Salad 140kcal	Thyme Roasted Carrots 90kcal	Cauliflower Cheese 260kcal	Green Beans 62kcal
Boereboontjies 103kcal	Corn on the Cob 106kcal	Roast Potatoes 391kcal	Smoky BBQ Beans 118kcal
Jasmine Rice 181kcal	Cajun Rice 291kcal	Crushed New Potatoes 129kcal	Sweet Potato Mash 249kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Raspberry Brûlée 523kcal	Red Velvet Sponge Cream Cheese Frosting 676kcal	Bread Butter and Lemon Pudding 676kcal	Rice Pudding with Brown Sugar and Mixed Fruit Jam 261kcal

Friday	Saturday	Sunday
Spinach and Chickpea Soup 119kcal	Brunch	Broccoli Soup 104Kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Goan Pulled Pork with Naan and Raita 539kcal	Belgian Waffles and Chocolate sauce 484kcal	Honey Roast Gammon 334kcal
Freshly Battered Haddock 326kcal		Lentil Loaf 388kcal (Vegan)
Ricotta Gnocchi with Toasted Garlic and Walnuts 560kcal (Vegetarian)		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Savoy Cabbage 52kcal
Mushy Peas 173kcal		Roasted Carrots 82kcal
Cumin Roasted Carrots 90kcal		New Potatoes 129kcal
DESSERT OF THE DAY		DESSERT OF THE DAY
Cornflake Tart 405kcal		Apple and Cinnamon Crumble 355kcal

Enjoy our
freshly
prepared
salads
every day.