

WEEKLY MENU

Dinner

Monday	Tuesday	Wednesday	Thursday
Courgette and Dill Soup 131kcal	Spicy Cabbage Soup 134kcal	Leek and Potato Soup 300kcal	Celeriac Soup 237kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Thai Green Chicken Curry 457kcal (Halal)	Sticky Chipotle Bbq Beef Brisket 304kcal	Pulled Sriracha Chicken Flatbread with Spicy Slaw 516kcal.	Pork Meatballs in a Roasted Tomato Sauce 297kcal
Thai Green Tofu and Vegetable Curry 436kcal (Vegetarian)	Jamaican Chickpea Curry 458kcal (Vegan)	Sweetcorn Fritter Bowl with Eggs and Black bean Salsa 482kcal (Vegetarian)	Loaded Beef Burger 505kcal.
Steamed Rice 130kcal.	Rice and Peas 195kcal	Sweet Potato Falafel Flatbread 491kcal	Pesto Coated Pork Chop 471kcal.
Stir Fried Greens 141kcal.	Mashed Sweet Potato 349kcal.	Rosemary Salted Fries 312kcal.	Slow Braised "Chicken" Bolognese 219kcal (Vegetarian)
Naan Bread 274kcal	Dirty Coleslaw 262kcal	Cajun Rice 177kcal	Oven Roasted Wedges 274kcal
Grilled Aubergine 222kcal	BBQ Pit Beans 164kcal	Jerk Spiced Corn on the Cob 118kcal.	Peas 81kcal
		Parmentier Potatoes 279kcal	Charred Aubergine 222kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Cherry pie with Chantilly Cream 390kcal	Sticky Toffee Pudding with Toffee Sauce 540kcal	Peanut Butter Flapjack 399kcal	Lemon Posset 421kcal

Friday	Saturday	Sunday
Spicy Pumpkin Soup 106kcal	Closed	Closed
Served With Freshly Baked Bread		
Slow Braised Pork and Smoky Bean Cassoulet 386kcal		
West African Peanut Stew 633kcal (Vegan)		
Sour cream Green Beans 224kcal		
Chakalaka 216kcal		
Yellow Rice 179kcal		
African Stewed Potatoes 285kcal		
DESSERT OF THE DAY		
Malva Pudding 460kcal		

Enjoy our freshly prepared salads every day.