

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Parsnip and Pea Soup 217kcal	Pea and Mint Soup 108kcal	Courgette, Potato & Cheddar Soup 131kcal	Red Pepper, Squash and Harissa Soup 205kcal
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)	Buffalo Cornflake Chicken Burger 720kcal	Beef Silverside Served With Yorkshire Pudding 334kcal	Bratwurst in a Pretzel Roll with Sauerkraut and Jalapeños 803kcal
Breaded Plaice with Caper Butter 388kcal	Fish Finger Sandwich with Chunky Tartare and Rocket 755kcal	Catch of the day with Tomato and Olive Dressing 332kcal	Breaded Plaice Fillet 347kcal
Spring Vegetable Frittata 310kcal (Vegetarian)	Halloumi Hash Burgers with Kale Aioli 603kcal (Vegetarian)	Cheese and Potato Pie 555kcal (Vegetarian)	Vegetarian Acarajé 475kcal (Vegetarian)
Jasmine Rice 181kcal	Sour Cream and Chilli Topped Corn on the Cob 198kcal	Crushed New 129kcal	Sweet Potato Mash 249kcal
Charred Carrots 90kcal	Green Patatas Bravas 337kcal	Buttered Leeks with Pangritata 127kcal	Skinny Fries 312kcal
Side Salad 140kcal	Chilli Roasted Cauliflower 103kcal	Runner Beans with Pesto, Roasted Cherry Tomatoes and Lemon Ricotta 216kcal	Tzimmes 309kcal
Boereboontjies 103kcal		Roast Potatoes 391kcal	Smoky BBQ Beans 118kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Raspberry Brûlée 523kcal	American Pancakes with Blueberry Compote and Crème Fraiche 408kcal	Maple, Apple and Pecan Pavlova 602kcal	Steamed Chocolate Sponge , Chocolate Sauce 566kcal

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 Riata 539kcal		Honey Roast Gammon 334kcal
Freshly Battered Haddock 326kcal		Lentil Loaf 388kcal (Vegan)
Green Shakshuka 337kcal (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
Black Forest Tart 382kcal		Apple and Cinnamon Crumble 355kcal

Enjoy our
freshly
prepared
salads
every day!