WEEKLYMENU Lunch

Monday	Tuesday	Wednesday	Thursday
Parsnip and Pea Soup 217kcal	Pea and Mint Soup I 08kcal	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
Buffalo Chicken Thighs 426kcal	Pulled Salt beef Flatbread 620kcal	Chipotle Spiced Pork Chop 334kcal	Creamy Chicken and Mushroom Pasta with Pesto 479kcal(Halal)
Breaded Plaice 308kcal	King Prawn Tagliatelle 555kcal	Catch of the day with Tomato and Olive Dressing 332kcal	Freshly Battered Haddock 326kcal
Three Bean Chilli 310kcal (Vegan)	Falafel Flatbread 405kcal (Vegetarian)	Cheese and Potato Pie 555kcal(Vegetarian)	Green Shakshuka 337kcal (Vegetarian)
Jasmine Rice 181kcal	Skinny Fries 312kcal	Crushed New 129kcal	Double Cooked Hand Cut Chips 381kcal
Charred Carrots 90kcal	Peas 81kcal	Buttered Leeks 127kcal	Mushy Peas 173kcal
Fruity Cous Cous 140kcal	BBQ Beans 103kcal	Sweet Potato Mash 249kcal	Green Beans 99kcal
Cajun Corn 103kcal		Runner Beans with Pesto, Roasted Cherry Tomatoes and Lemon Ricotta 216kcal	
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Lemon Meringue Pie523kcal	Fruit and Nut Flapjack 408kcal	Chocolate Tart 602kcal	Steamed Chocolate Sponge , Chocolate Sauce 566kcal

Saturday

Sunday

Enjoy our = freshly = prepared = salads every day! Closed Closed Closed

Friday