

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Pumpkin Soup 91kcal	om Kha Gai (Coconut Soup)	Parsnip Soup 165kcal	Curried Sweetcorn Soup 193kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chicken and Mushroom Stroganoff 430kcal	Curried Chicken Thighs	Roasted Beef Topside 367kcal (Halal)	Lemon and Herb Spiced Chicken Butterfly 432kcal
Smoked Haddock and Spring Onion Fishcakes 456kcal	Mixed Vegetable Pad Thai	Lentil Loaf 493kcal	Breaded Plaice 342kcal
Loaded Vegan Nachos with Cheese Sauce, Spicy "Chicken, Jalapeños, Tomato Salsa and Coriander 627kcal	Moo Bing - Pork Skewers in a Thai Marinade, Sticky Rice, Charred Lime, Sesame Slaw	BBQ Chicken Stack - Sweet Waffles topped with, Chicken Tenders, Smoky BBQ Sauce, Onion Rings, Sliced Cheddar and Potato Wedges 1023kcal	Squash and Halloumi Flatbread with Tabbouleh, Sweet Chilli Beetroot Jam, Charred Zucchini 673kcal (Vegetarian)
Herb Roasted New Potatoes 129kcal	Som Tam (Papaya Salad)	Roasted Potatoes 361kcal	Spiced Rice 130kcal
Cous Cous 103kcal	Thai Pineapple Fried Rice	Broad Beans 82kcal	Rocket Salad 101kcal
Roasted Carrot and Chickpeas 146kcal	Stir Fried Greens	Honey Roast Carrots 146kcal	Tabbouleh 136kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Steamed Syrup Sponge 418kcal	Guoi Chup Bang Tod (Fried Banana Balls, Dulce de Leche)	Crème Catalan 267kcal	Chocolate and Orange Topped Belgian Waffle 497kcal.

Friday	Saturday	Sunday
Tomato Soup 123kcal.	Brunch	Carrot and Coriander Soup 138kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Freshly Battered Haddock 326kcal		Roasted Pork Loin 467kcal
Spiced Falafel Burger with Crunchy Chickpea Salad 476 (Vegan)		Butternut Squash Stuffed with Lentils 660kcal (Vegetarian)
Korean Style Bulgogi Beef, Fragrant Rice, Toasted Seeds, Cucumber 794kcal		Braised Red Cabbage 156kcal
Garlic Roasted New Potatoes 139kcal.		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Cauliflower 50kcal
Mushy Peas 173kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Sticky Toffee Pudding with Toffee Sauce 540kcal		Peach and Rhubarb Crumble with Cream 440kcal

Enjoy our
freshly
prepared
salads
every day!