

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Parsnip and Spinach 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 720kcal	Beef Silverside Served with Yorkshire Pudding 334kcal	Bratwurst in a Pretzel Roll with Sauerkraut and Jalapeños 803kcal
Spring Vegetable Frittata 310kcal (Vegetarian)	Halloumi Hash Burgers with Kale Aioli 603kcal (Vegetarian)	Cheese and Potato pie 555kcal (Vegetarian)	Salmon and Herb fishcakes with Lemon 408kcal
Jasmine Rice 181kcal	Fish Finger Sandwich with Chunky Tartare and Rocket 755kcal	Buffalo scampi, spring slaw, ranch dressing 575kcal	Vegetarian Acarajé 475kcal (Vegetarian) With sweet potato fries and corn salsa
Charred Carrots 90kcal	Green Patatas Bravas 337kcal	Buttered Leeks with Pangritata 127kcal	Sweet Potato Mash 249kcal
Side Salad 140kcal	Chilli Roasted Broccoli 103kcal	Runner Beans with Pesto, Roasted Cherry Tomatoes and Lemon Ricotta 216kcal	Skinny Fries 312kcal
Roasted New Potatoes 103kcal.	Sour Cream and Chilli Topped Corn on the Cob 198kcal.	Crushed New Potatoes 129kcal	Tzimmes 309kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Crème Brulée 523kcal	American Pancakes with Blueberry Compote and Crème Fraiche 408kcal	Maple, Apple and Pecan Pavlova 602kcal (egg, nuts, peanuts, milk)	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
Battered Catch of the Day 345kcal		Lentil Loaf 388kcal (Vegan)
Loaded cauliflower pakoras, chilli raita, cucumber, carrot and coriander salsa and smashed poppadums 608kcal.		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.