

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Parsnip and Spinach Soup 217kcal	Pea and Mint Soup 108kcal	Mixed Veg Soup	Red Pepper, Squash and Harissa Soup 205kcal
Served With Freshly Baked Bread	Buffalo Cornflake Chicken Burger 720kcal	Served With Freshly Baked Bread	Served With Freshly Baked Bread
South African Chutney Chicken 450kcal (Halal)	Fish Finger Sandwich with Chunky Tartare and Rocket 755kcal	Chicken and Chorizo Filled Yorkshire	Bratwurst in a Pretzel Roll with Sauerkraut and Jalapeños 803kcal
Spring Vegetable Frittata 310kcal (Vegetarian)	Halloumi Hash Burgers with Kale Aioli 603kcal (Vegetarian)	Chicken Goujon and Cheese wrap, BBQ sauce, Red pepper and Red cabbage Slaw, Skinny Fries	Salmon and Herb fishcakes with Lemon 408kcal
Jasmine Rice 181kcal	Green Patatas Bravas 337kcal	Mediterranean Veg Pasta Bake	Vegetarian Acarajé 475kcal (Vegetarian) With sweet potato fries and corn salsa
Charred Carrots 90kcal	Chilli Roasted Cauliflower 103kcal	Roasted New Potatoes	Sweet Potato Mash 249kcal
Side Salad 140kcal	Sour Cream and Chilli Topped Corn on the Cob 198kcal	Roasted Parsnip and Swede	Skinny Fries 312kcal
Roasted New Potatoes 103kcal.		Skinny Fries	Tzimmes 309kcal
<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
Crème Brûlée 523kcal	American Pancakes with Blueberry Compote and Crème Fraîche 408kcal	Fruit Pie with Custard	Steamed Chocolate Sponge, Chocolate Sauce 566kcal

Friday	Saturday	Sunday
Spinach and Chickpea Soup 119kcal		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.	Brunch	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
<b>DESSERT OF THE DAY</b>		<b>DESSERT OF THE DAY</b>
Black Forest Tart 382kcal		Apple and Cinnamon Crumble 355Kcal

Enjoy our freshly prepared salads every day!