

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Tomato and chilli soup 99kcal	Coconut and sweet potato soup 150kcal	Soup of the day	Mushroom, madeira and tarragon soup 189kcal
Mojo chicken 500kcal	Cod box 300kcal	Roasted Loin of Pork 242kcal	Beef tagine 466kcal (Halal)
Adobo black beans, guacamole, sour cream tortilla chips (Vegan) 300kcal	Thai larb 400kcal	Ruben sandwich, roast potato poutine 500kcal	Falafel and halloumi flatbread (Vegetarian) 609kcal
Jackfruit Ropa vieja (Vegetarian) 300kcal	Tofu thai green curry (Vegetarian) 400kcal	Spanakopita 300kcal (Vegetarian)	Imam byaldi 170kcal (Vegan)
Sweetcorn salsa 70kcal	Stir fry veg 100kcal	Garlic and rosemary Roast Potatoes 391kcal	Aubergine giant couscous, tahini dressing 324kcal
Sweet potato fries 150kcal	Coriander rice 190kcal	Braised Red Cabbage with cinnamon and star anise 135kcal	Honey and wine roast Carrots 307kcal
Tropical eton mess 350 kcal	Mango pudding 240kcal	Rhubarb and apple crumble 400kcal	Celeriac and strawberry Cake 350kcal

Friday	Saturday	
Courgette and basil Soup 115kcal	Butternut squash Soup 179kcal	
Freshly Battered Haddock 326kcal	Chicken Supreme 284kcal	
Pickled onion bhaji burger, grilled pineapple, chips and slaw (Vegan)800kcal	Brunch	Mushroom and chestnut bake 507kcal (Vegetarian)
Buffalo cauliflower 300kcal (Vegetarian)		Carrots 82kcal
Triple Cooked Chips 381kcal		Broccoli 62kcal
Chip Shop Style Minted Mushy Peas 173kcal		Roast Potatoes 391kcal
Passionfruit pannacotta 443kcal		Chocolate and Orange Bread and Butter Pudding 586kcal

Enjoy
our
freshly
prepared
salads
every
day!