

WEEKLY MENU

Lunch

Monday St Patrick's day	Tuesday	Wednesday	Thursday
Soup of the day	Leek, Pea and Watercress Soup 154kcal	Parsnip and Apple Soup 204kcal	Roasted Swede Soup 118kcal
Soda bread	Served with freshly baked bread	Served with freshly baked bread	Served with freshly baked bread
Guinness braised beef	Pulled Buffalo Chicken and Red Kidney Bean Chill 456kcal	Roasted Pork Belly 367kcal	Minced Lamb Casserole 465kcal (Halal)
Lentil Shepards pie	Vegan Layered Taco Bowl, Rice, Pinto Beans, Peppers, Corn, Avocado, Tortilla Wraps, Coriander, Lime, Tomato 717kcal	Chimmi Churri Steak Topped Fries, Pickled Red Onions, Rainbow Slaw, Breaded Mushrooms 741kcal	Vegan Nachos (Loaded with Cheese Sauce, Spicy "Chicken, Jalapeños, Tomato Salsa and Coriander) 627kcal
Mashed celeriac with blue cheese and watercress	Five Bean Chilli 439kcal	Chestnut, Spinach and Blue Cheese En Croute 689kcal	Feta and Spring Vegetable Frittata (Vegetarian) 482kcal
Braised red cabbage	Succotash 99kcal	Roasted Potatoes 361kcal	Crushed New Potatoes 284kcal
Colcannon mash	Steamed Rice 129kcal	Broad Beans 82kcal	Mashed Herby Swede 93kcal
	Tortilla Chips 365kcal	Honey Roast Carrots 146kcal	Green beans 61kcal
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Baileys chocolate mousse	Bakewell Slice 595kcal	Sticky Toffee Pudding with Toffee Sauce 540kcal	Egg Custard Tart 346kcal

Friday	Saturday	Sunday
Harissa, Aubergine and Chickpea Soup 157kcal		Broccoli Soup 104Kcal
Served with freshly baked bread		Served with freshly baked bread
Freshly Battered Haddock 326kcal		Honey Roast Gammon 334kcal
Satay Chicken Skewer, Sticky Fragrant Rice, Sauteed Vegetables, Peanut Sauce, Toasted Sesame, Coriander 742kcal	Brunch	Lentil Loaf 388kcal (Vegan)
Spiced Mushroom, Lentil and Sweet Potato Hotpot 312kcal		Roast Potatoes 391kcal
Green Salad with French Dressing 177kcal		Savoy Cabbage 52kcal
Chip Shop Style Mushy Peas 173kcal		Roasted Carrots 82kcal
Double Cooked Hand Cut Chips 381kcal		New Potatoes 129kcal
Dessert of the day		Dessert of the day
Peanut Butter and Jam Cheesecake 797kcal		Apple and Cinnamon Crumble 355kcal

Enjoy
our
freshly
prepared
salads
every
day!

