

# lunch menu

monday 4 december 2006

- soup** cream of tomato  v £0.55
- pasta dish** penne pasta with selected forest mushrooms in champagne dressing v £1.65
- baked jacket potatoes** thai vegetable curry v £1.40  
turkey in red pimento sauce  £2.90
- from the grill** breast of chicken marinated with basil and lemon ♥  £2.90  
seared sea bream on wilted spinach with wholegrain mustard dressing ♥  £4.05  
lamb biryani - spiced tender lamb slow baked with basmati rice  £3.20  
tofu and vegetable stir-fry with noodles v ♥ £1.40
- sides** potato wedges v £0.40  
green beans v £0.40

## food allergy sufferers

All of our dishes are prepared in kitchens where nuts are present but not all our dishes contain nuts as part of their ingredients.



This symbol denotes dishes that are suitable for coeliacs.

Our staff will be happy to supply further details of dish ingredients should you require them.

# lunch menu

tuesday 5 december 2006

- soup** chinese style chicken noodle ♥ £0.55
- pasta dish** tagliatelle pasta with home-dried cherry tomatoes, thyme and extra virgin oil v♥ £1.40
- baked jacket potatoes** cod, salmon and prawns in parsley sauce £3.60  
braised puy lentils with baby onions and courgettes v♥ £1.20
- from the grill** scottish sirloin steak with shallot and red wine sauce with minted new potatoes ✘ £4.15  
pork escalope with a lime and coriander crust £1.90  
seared scottish salmon with cup mushrooms and stir-fried carrots and coriander ✘ £2.90
- other mains** bombay potatoes in pitta bread with guacamole, sour cream and selected leaves v £1.20
- sides** new potatoes v £0.40  
stir-fried carrots with coriander ♥v £0.40

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# lunch menu

wednesday 6 december 2006

- soup** seasonal vegetable v  £0.55
- pasta dish** spaghetti with tomato and mascarpone sauce, shredded basil v £1.40
- baked jacket potatoes** moroccan style lamb  £3.20  
mushroom, new potato and onion stroganoff v  £1.40
- from the grill** seared mackerel fillet 'cajun style' with cucumber and mint yogurt, roasted seasonal vegetables  £2.40  
cumberland sausage ring with onion gravy and mashed potatoes £1.95  
spicy aubergine, grilled courgette and mozzarella fajita with seasonal leaves v  £1.90
- other mains** chicken tikka masala with basmati rice  £2.90
- sides** mashed potatoes v £0.40  
roasted seasonal vegetables v £0.40

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# lunch menu

thursday 7 december 2006

## soup

fresh tomato and lentil v  £0.55

## pasta dish

pappardelle pasta with spicy sausage, chestnut mushrooms, chilli, pine kernels and pecorino cheese £1.65

## baked jacket potatoes

barbecued baked beans with smoked bacon  £1.20

mushroom goulash v  £1.65

## mains

jerk pork with rice and black eyed peas £2.15

stir-fried strips of beef with broccoli florets and spring onion  £2.90

mediterranean vegetables on ciabatta bread with goat's cheese v  £2.40

baked fillet of haddock with a parsley crust and chunky tomato sauce £3.40

## sides

potato wedges v £0.40

garden peas v £0.40

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# lunch menu

friday 8 december 2006

- soup** sweet potato and coriander v  £0.55
- pasta dish** penne with marinated artichokes, green beans, peas and grated parmesan v £1.90
- baked jacket potatoes** chilli sauce with kidney beans v  £1.90
- leeks and portabello mushrooms in tarragon cream sauce £1.65
- from the grill** pork cutlet with bramley apple compote and roasted new potatoes with thyme  £2.15
- seared tuna steak with red and yellow cherry tomatoes and kalamata olives  £4.15
- other mains** breaded breast of chicken with jasmine rice and mild curry sauce £2.90
- vegetable moussaka v £1.65
- sides** courgettes with cumin v  £0.40
- roasted new potatoes with garlic and thyme v £0.40

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