





# lunch menu

monday 6 april 2009

<b>soup</b>	field mushroom and garlic v  ● £0.60
<b>hot sandwich</b>	beef burger with gherkin and chilli relish in arctic bread ● £2.15
<b>pasta</b>	angel hair pasta with hoi sin duck ● £3.25
<b>jacket potatoes</b>	aubergine, pepper, tomato and basil   ● £1.45
	breast of turkey in a cream and herb sauce ● £2.95
<b>other mains</b>	grilled butterflied chicken with Singapore noodles, pak choy and five spice gravy ● £2.95
	chef's fish choice of the day - see separate poster
	Yorkshire pudding filled with Savoy cabbage mash and puy lentils with silver skin onion bourguignonne v ● £1.90
<b>sides</b>	vegetables and potatoes of the day v £0.45

## DIETARY INFORMATION

Some of our menu items contain allergens. There is a small risk that traces of these may be found in other products served here. We understand the dangers to those with severe allergies so please ask to speak to a member of staff who will endeavor to help you make your choice.

suitable for coeliacs     suitable for vegans   
suitable for vegetarians **V**    low fat ●    medium fat ●    high fat ●

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




# lunch menu

tuesday 7 april 2009

soup	country vegetable and bean soup   <b>Vegan</b> £0.60
hot sandwich	stir-fried lamb with mint yoghurt and tzatziki on toasted soda bread  £3.60
pasta	fusilli with tomato, mushrooms and tarragon v  £1.65
jacket potatoes	bolognaise sauce  £1.90 broccoli with stilton and almond cheese sauce v  £1.45
from the grill	chef's fish choice of the day - see separate poster roasted belly of pork with a spicy comis pear chutney on a bed of shredded red cabbage  £2.40
other mains	vegetarian goats cheese and vegetable frittata with selected leaves  v  £1.65
sides	vegetables and potatoes of the day v £0.45

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# lunch menu

wednesday 8 april 2009

- soup** Savoy cabbage and chorizo ● £0.60
- hot sandwich** chicken sandwich in lime, coconut and corn triangle with lemon crème fraîche and rocket ● £2.40
- pasta** linguini with Chilean prawns in a madras curry sauce ● £3.45
- jacket potatoes** braised lamb with root vegetables and haricot beans in a red wine sauce ● £3.25  
spinach and gorgonzola cream sauce v ● £1.45
- other mains** chef's fish choice of the day - see separate poster  
stir-fried beef and crispy vegetables with horseradish flavours ● £3.80  
root vegetable jambalaya with sautéed bananas and rice v ● £1.45
- sides** vegetables and potatoes of the day v £0.45

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suitable for vegetarians **V** low fat  medium fat  high fat 

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# lunch menu

thursday 9 april 2009

soup	fennel cider and apple   ● £0.60
hot sandwich	turkey burger in a wholemeal bap with low fat crème fraîche dressed leaves ● £2.65
pasta	penne pasta with red onion, courgette, cherry tomato and basil v ● £1.45
jacket potatoes	chicken with mushrooms and rosemary ● £2.95 broccoli and green bean in a tomato sauce   ● £1.45
from the grill	chef's fish choice of the day - see separate poster
other mains	jerk pork with rice, peas and rice ● £2.15 Mediterranean vegetables wrapped in puff pastry served with a basil and pinenut dressing v ● £1.25
sides	vegetables and potatoes of the day v £0.45

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suitable for vegetarians V low fat ● medium fat ● high fat ●

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