


















# lunch menu

monday 2 march 2009

<b>soup</b>	roasted apple and parsnip   £0.60
<b>hot sandwich</b>	lamb kofta on pitta bread with mint crème fraiche selected leaves and sweet pickled ginger  £3.80
<b>pasta</b>	Chinese noodles with piri piri prawns, bean sprouts  £2.95
<b>jacket potatoes</b>	leek courgettes and tomatoes with garlic and oregano   £1.65 bolognese sauce  £1.90
<b>from the grill</b>	chef's fish choice of the day - see separate poster English skirt steak with a green peppercorn cream sauce and roasted tomato  £3.10
<b>other mains</b>	roasted teriyaki tofu with leeks, broccoli and mange tout and brown rice   £1.65
<b>sides</b>	vegetables and potatoes of the day  £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  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 3 march 2009

- soup** selected white beans and winter vegetable  
Vegan  ● £0.60
- hot sandwich** beef burger with stilton melt in a wholemeal bap  
with sweetcorn relish ● £1.90
- pasta** linguine with feta, rocket and Greek olives v ● £1.45
- jacket potatoes** aubergine and lentil dhansak v ● £2.15  
white lamb stew with silver skin onions ● £2.40
- mains** chef's fish choice of the day - see separate poster  
baked chicken thighs with thai curry sauce and  
basmati rice ● £2.65  
vegetable and mixed lentil Wellington with a  
tomato sauce v ● £1.90
- sides** vegetables and potatoes of the day v £0.45

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# lunch menu

wednesday 4 march 2009

- soup** rocket potato and parmesan soup   ● £0.60
- hot sandwich** butterflyed Cajun spiced chicken supreme on grilled chotta naan with coriander yoghurt and selected salad leaves ● £2.65
- pasta** penne pasta with selected green vegetable and marinated artichoke and soft herbs ● £2.65
- jacket potatoes** chilli bean casserole   ● £1.45  
mushroom and bacon carbonarra ● £1.45
- mains** chef's fish choice of the day - see separate poster
- grilled leg of lamb steak with garlic and thyme and braised puy lentils  
 ● £3.10
- roasted aubergine with vegetable biryani and madras sauce v ● £1.90
- sides** vegetables and potatoes of the day v £0.45

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suitable for vegans 

suitable for vegetarians 

low fat ● medium fat ● high fat ●

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# lunch menu

thursday 5 march 2009

- soup** Thai flavoured chicken sweetcorn and coconut  
🦋 ● £0.60
- hot sandwich** cranberry glazed turkey escalope on tomato bread with watercress mayonnaise and mixed salad leaves  
● £3.80
- pasta** spaghetti with Kaleftico spiced lamb meat balls  
● £2.40
- jacket potatoes** home made baked beans **Vegan** 🦋 ● £1.45  
cauliflower and broccoli in a rich cheese sauce  
● £1.45
- other mains** chef's fish choice of the day - see separate poster  
beef stir-fry in black bean sauce with egg noodles  
● £3.80  
Yorkshire pudding with swede puree and selected roasted vegetables and a red onion gravy v ● £2.15
- sides** vegetables and potatoes of the day v £0.45

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

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# lunch menu

friday 6 march 2009

soup	roast plum tomato and basil   ● £0.60
hot sandwich	grilled minute steak with English mustard crème fraiche and watercress on toasted country loaf ● £4.25
pasta	farfalle with tofu bell peppers, baby spinach red onions and olive oil v ● £2.65
jacket potatoes	slow cooked pumpkin and coriander   ● £1.65
	flaked smoked haddock with garden peas and fish cream ● £3.45
from the grill	chef's fish choice of the day - see separate poster
	seared pork with roasted Mediterranean vegetables, lemon and thyme flavours  ● £2.65
other mains	vegetable fajitas with guacamole and sour cream v ● £1.90
sides	vegetables and potatoes of the day v ● £0.45

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