

THE KITCHEN

	Monday - 5 th	Tuesday - 6 th	Wednesday - 7 th	Thursday - 8 th	Friday - 9 th
Soup - £1.65 Soup Bread - £0.75	Roasted Roots Homemade Focaccia	Chunky Courgette, Pea and Pesto Homemade Focaccia	Caramelised Cauliflower Homemade Focaccia	Cream of Chestnut Mushroom Homemade Focaccia	Pea and Mint Homemade Focaccia
Main Meal £5.25	Hoi Sin Chicken Egg Fried Rice Broccoli, Mushroom, Green Beans, Bean Spouts	Moroccan Lamb Keema, Dried Apricots, Roasted Squash, Black Olives Lemon and Herb Cous Cous	Lemon and Smoked Fishcake Fillet, Tabouleh, Harissa Houmous,, Harissa Yoghurt, Smoked Paprika Crumb	Spiced Chicken Leg Lentil dahl	Beer Battered MSC Battered Pollock Fillet (268kcal) Chips (225kcal) Tartare Sauce (85kcal)
Bolt on £1.60 each	Vegetable Spring Roll - £1.60	Mint, Feta, Oregano and Lemon Stuffed Flatbread	Roasted Aubergine	Large Vegetable Samosa - £1.60	Curry Sauce (82kcal) - £0.80p
Vegetarian Meal £5.00	Hoi Sin Tofu Egg Fried Rice Broccoli, Mushroom, Green Beans, Bean Spouts	Roasted Chickpea and Sweet Potato Tagine Smoked Paprika Soya Yoghurt Tomato and Chilli Salsa	Grilled Halloumi with Tabouleh, Harissa Houmous, Roasted Aubergine, Harissa Yoghurt, Smoked Paprika Crumb	Spiced Panner and Lentil Dahl	Moving Mountain Plant Based 'Fish Finger' wrap, Shredded Iceberg, Lemon and Chive Mayo
Potatoes - £1.30	5 Spiced Glazed Roasted New Potatoes	Moroccan Spiced Roast Potatoes with Slow Roasted Tomatoes and Oregano	Tahini Roasted Sweet Potato Wedges	Sag Aloo	Potato Scallop
Vegetable - £1.20	Stir Fried Tender Stem Broccoli with Garlic and Soy	Roasted Carrots with Honey and Black Sesame	Roasted Red Onion, Rocket and Orange Warm Salad	Cumin and Curry Leaf Creamed Spinach	Garden Peas Mushy Peas
Hot Hand Held	Chilli Beef Burrito, Sour Cream, Guacamole, Tomato Salsas	Parmesan Polenta Chips with Sea Salt and Rosemary, Mourne Cheese Sauce £3.85	Kimchi and Smoked Applewood Cheese Toastie £3.85	'Pav Bhaji' Sag Aloo in Floured Bap, Coriander and Red Onion Salad, Green Chutney, Tamarind Chutney £3.85	<u>National Pizza Day</u> 9" Thin Crust Pizza Bar
Available Everyday	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)
Hot Sweet £2.20	Pineapple Upside Down Sponge Vanilla Custard	Churros with Cinnamon Sugar Chocolate Sauce	Baked Vanilla Cheesecake Pouring Cream	Lemon and Lime Sponge Orange Custard	Apple and Cinnamon Crumble Vanilla Custard

Menus subject to change due to product availability. Please see today's printed menus on the service counters for exact menus and pricing