

THE KITCHEN

	Monday -15 th	Tuesday -16 th	Wednesday -17 th	Thursday -18 th	Friday -19 th
Soup - £1.90 Soup Bread - £0.85	Chunky Vegetable and Pearl Barley Homemade Focaccia (308kcal)	Red Lentil and Chick Pea Homemade Focaccia (308kcal)	Classic Minestrone Homemade Focaccia (308kcal)	Green, Potato and Chorizo Homemade Focaccia (308kcal)	Spiced Roasted Parsnip Homemade Focaccia (308kcal)
Main Meal £5.75	Cumberland Sausage Ring Crushed New Potatoes with Red Onion Chutney Gravy	Individual Calzone Tomato and Basil Sauce, Pepperoni, Ham, Ground Beef, Grated Mozzarella	Korean Pulled Pork Steamed Jasmine Rice Asian Pickled Vegetables Prawn Crackers	Massala Roasted Chicken Leg Coconut and Chickpea Curry Steamed Rice Carrot, Red Onion and Coriander Salad	Beer Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on £2.00 each	Yorkshire Pudding (272kcal)	Onion Rings x 6 - £2.00 (344kcal) Breaded Mozzarella Sticks, Tomato Salsa x 4 -£2.85 (425kcal)	Large Vegetable Spring Roll - £2.00	Smashed Chickpea, Cumin Seed and Coriander Stuffed Flatbread £2.50	Curry Sauce (82kcal) - £0.80p
Vegetarian Meal £5.50	Vegetarian Sausages Crushed New Potatoes with Red Onion Chutney Gravy	Individual Calzone Tomato and Basil Sauce, Carmalised Red Onion, Blue Cheese and Grated Mozzarella	Miso Glazed Sweet Potato Steamed Jasmine Rice Asian Pickled Vegetables Prawn Crackers (optional)	Massala Roasted Aubergine Fillet Coconut and Chickpea Curry Steamed Rice Carrot, Red Onion and Coriander Salad	Battered Halloumi Chips (225kcal) Tartare Sauce (85kcal)
Potatoes - £1.45	Herby Diced Potato (342kcal)	Skinny Fries Sweet Potato Wedges	Sweet Soy Sc and Honey Glazed New Potatoes	Bombay Potatoes	Potato Scallop
Vegetable - £1.30	Peas and Green Beans	Baby Gem with Ranch Dressing and Jalapeno Crumb	Vegetable Stir Fry	Turmeric and Garlic Roasted Aubergine Wedges	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held	Chargrilled Ciabatta, Tapenade, Roasted Med Veg, Mozzarella Cheese, Pesto £4.00	Spinach and Falafel Burger, Lemon Hummus, Baby Gem Lettuce, Pickled Red Onion £4.00	Southern Fried Chicken, Bacon and Maple Syrup Pancake Stack £4.00	Breakfast Burrito Bacon, Pork Sausage, Hash Brown, Baked Beans in a soft Tortilla Wrap £4.00	Jumbo Batter Sausage £2.85 Saveloy £2.00
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 £2.60	Banoffee Crumble Pouring Cream	Rhubarb and Custard Turnover	Jam Roly Poly Vanilla Custard	Sweet Pumpkin and Marshmallow Casserole	Apple and Mixed Berry Turnover

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