

THE KITCHEN

	Monday - 29th	Tuesday -30 th	Wednesday - 1 st	Thursday -2 nd	Friday - 3 rd
Soup - £1.90 Soup Bread - £0.85	Roasted Roots Homemade Focaccia (308kcal)	Tomato and Basil Homemade Focaccia (308kcal)	Caramelised Cauliflower Homemade Focaccia (308kcal)	Cream of Chestnut Mushroom Homemade Focaccia (308kcal)	Pea and Mint Homemade Focaccia (308kcal)
Main Meal £5.75	Chicken and Vegetable Chow Mein Prawn Crackers	Moroccan Lamb Keema, Dried Apricots, Roasted Squash, Black Olives Lemon and Herb Cous Cous	Slow Cook Sloppy Joe in a Crusty bap served with Baby Gem Lettuce, beef Tomato and Chilli Cheese Traditional Potato and Chive Salad	Spiced Chicken Leg Lentil Dahl	Beer Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on £1.80 each	Large Vegetable Spring Roll - £1.80	Garlic and Coriander Flat Bread	Cajun Spiced Sweetcorn	Large Vegetable Samosa - £1.80 Tear Drop Naan Bread - £1.80	Curry Sauce (82kcal) - £1.00
Vegetarian Meal £5.50	Smoked Tofu and Vegetable Chow Mein Prawn Crackers	Roasted Chickpea and Sweet Potato Tagine Smoked Paprika Soya Yoghurt Tomato and Chilli Salsa	Spiced 5 Bean Burger in a Crusty Bap served with Baby Gem Lettuce, Beef Tomato and Chilli Cheese Traditional Potato and Chive Salad	Spiced Panner and Lentil Dahl	Moving Mountain Plant Based 'Fish Finger' Bap, Shredded Iceberg, Tartar Sauce Chips (270kcal)
Potatoes - £1.45	Salt and Pepper Chips	Moroccan Spiced Roast Sweet Potatoes with Slow Roasted Tomatoes and Oregano	Roasted Sweet Potato Wedges	Sag Aloo	Potato Scallop
Vegetable - £1.30	Stir Fried Tender Stem Broccoli with Garlic and Soy	Roasted Carrots with Honey and Sesame	Roasted Red Onion, Rocket and Orange Warm Salad	Cumin and Curry Leaf Creamed Spinach	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held	Homemade Sausage Roll £4.00	Frank's Hot Sauce Pulled Chicken and Smoked Applewood Cheese Toastie £4.00	Parmesan Polenta Chips with Sea Salt and Rosemary, Mourne Cheese Sauce £4.00	'Pav Bhaji' Sag Aloo in Floured Bap, Coriander and Red Onion Salad, Green Chutney, Tamarind Chutney £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	Sticky Ginger Sponge Custard	White Chocolate and Raspberry Blondie	Gooseberry Crumble Custard	Lemon Curd Cheesecake Cream	Coffee and Walnut Cake Cream

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