

THE KITCHEN

	Monday - 30 th	Tuesday - 1 st	Wednesday - 2 nd	Thursday - 3 rd	Friday - 4 th
Soup - £1.90 Soup Bread - £0.85	Thai Chickpea and Sweet Potato (360kcal)	Spiced Lentil and Swede (184kcal)	Leek, Butterbean and Crispy Chorizo (412kcal)	Curried Sweetcorn Soup (393kcal)	Moroccan Aubergine and Chickpea (234kcal) Homemade Focaccia (308kcal)
Main Meal £5.75	Lebanese Chicken Served with Coriander and Lemon Cous Cous and Pomegranate Dressing	Classic Beef Burger, BBQ Sauce, Cheese, Jalapeno Slaw (648kcal) Skinny Garlic Fries (265kcal)	Brazilian Chicken Strips Flatbread Chilli Sauce, Garlic Mayo, Mixed Salad (851kcal)	Beef Rendang (682kcal) Coriander Noodles (358kcal)	Beer Battered MSC Battered Pollock Fillet (394kcal) Chips (225kcal) Tartare Sauce (85kcal)
Bolt on	Garlic Flatbread (143kcal)	Breaded Mozzarella Sticks, Tomato Salsa x 4 (437kcal) £2.50	Cheese Stuffed Jalapeno Poppers x 4 £3.00 (351kcal)	Dim Sum Selection x 4 (215kcal) £2.00	Gravy (28kcal) - £0.80p
Vegetarian Meal £5.50	Ricotta and Spinach Cannelloni	Field Mushroom and Halloumi Burger, BBQ Sauce, Cheese, Jalapeno Slaw (684kcal) Skinny Garlic Fries (265kcal)	Brazilian Sweet Potato Flatbread Chilli Sauce, Garlic Mayo, Mixed Salad (743kcal)	Vegetable Rendang (542kcal) Coriander Noodles (358kcal)	Beer Battered Banana Blossom (3054kcal) Chips (225kcal) Tartare Sauce (85kcal)
Potatoes - £1.45	Sumac Roast New Potatoes (155kcal)	Sweet Potato Wedges (189kcal)	Skinny Fries (225kcal)	Salt and Pepper Chips (225kcal) - £1.65	Chips (225kcal)
Vegetable - £1.30	Fried Cauliflower with Tahini, Garlic and Lemon	Roasted Broccoli with Almond and Lemon Dressing (199kcal)	Green Beans with Lemon and Garlic (143kcal)	Green Beans with Turmeric and Toasted Coconut (72kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held	Homemade Pork and Sage Sausage Roll (571kcal) £4.00	Buffalo Chicken Wings, Ranch Dressing, Crispy Onions, Spring Onion and Coriander (685kcal) £4.00	Thai Style Cod and Prawn Fishcake Thai Noodle Salad \$4.00	Giant Yorkshire Pudding Wrap, Roast Gammon, Roast Potatoes, Garden Vegetables, Apple Sauce and Gravy (751kcal) £4.00	Jumbo Battered Sausage £2.85 (513kcal) Saveloy £2.00 (207kcal)
Available Everyday	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)
Hot Sweet £2.20	Belgium Waffles (398kcal) Chocolate Sauce (58kcal)	Apple Crumble (234kcal) Custard (80kcal)	Steamed Syrup Sponge (496kcal) Vanilla Custard (80kcal)	Chocolate and Orange Sponge (378kcal) Chocolate Custard (95kcal)	Lemon Curd Sponge (370kcal) Cream (158kcal)

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