

THE KITCHEN

	Monday - 3 rd	Tuesday - 4 th	Wednesday - 5 th	Thursday - 6 th	Friday - 7 th
Soup - £1.90 Soup Bread - £0.85	Roasted Roots (257kcal) Homemade Focaccia (308kcal)	Chunky Courgette, Pea and Pesto (310kcal) Homemade Focaccia (308kcal)	Caramelised Cauliflower (298kcal) Homemade Focaccia (308kcal)	Cream of Chestnut Mushroom (278kcal) Homemade Focaccia (308kcal)	Pea and Mint (197kcal) Homemade Focaccia (308kcal)
Main Meal £5.75	Traditional Spaghetti Bolognese (581kcal) Grated Cheddar (83kcal) Basil Oil (96kcal)	Moroccan Lamb Keema (511kcal) Dried Apricot, Raisin, Black Olive Lemon and Herb Cous Cous (158kcal) Chive Sour Cream (98kcal)	Cumberland Sausage Ring (421kcal) Crushed New Potatoes (84kcal) Red Onion Chutney (117kcal) Gravy (68kcal)	Spiced Chicken Leg (510kcal) Lentil dahl (120kcal) Onion and Coriander Salad (68kcal)	Beer Battered MSC Battered Pollock Fillet (268kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on £2.00 each	Garlic Focaccia	Mint, Feta, Oregano and Lemon Stuffed Flatbread	Yorkshire Pudding (272kcal)	Large Vegetable Samosa - £2.00	Curry Sauce (82kcal) - £0.80p
Vegetarian Meal £5.50	Traditional Quorn Mince Spaghetti Bolognese (487kcal) Grated Cheddar (83kcal) Basil Oil (96kcal)	Roasted Chickpea and Sweet Potato Keema (412kcal) Dried Apricot, Raisin, Black Olive Lemon and Herb Cous Cous (158kcal) Chive Soya Yoghurt (98kcal)	Vegetarian Sausages (240kcal) Crushed New Potatoes (84kcal) Red Onion Chutney (117kcal) Gravy (68kcal)	Spiced ½ Aubergine (223kcal) Lentil dahl (120kcal) Onion and Coriander Salad (68kcal)	Moving Mountain Plant Based 'Fish Finger' wrap, Shredded Iceberg, Lemon and Chive Vegan Mayo (541kcal)
Potatoes - £1.45	Herby Diced Potato (342kcal)	Moroccan Spiced Roast Potatoes with Slow Roasted Tomatoes and Oregano (130kcal)	Tahini Roasted Sweet Potato Wedges (220kcal)	Sag Aloo (201kcal)	Potato Scallop x 1 (185kcal)
Vegetable - £1.30	Steamed Broccoli (134kcal)	Roasted Carrots with Honey and Sesame (90kcal)	Roasted Red Onion, Rocket and Orange Warm Salad (175kcal)	Cumin and Curry Leaf Creamed Spinach (214kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held	Kimchi and Smoked Applewood Cheese Toastie (412kcal) £4.00	Chilli Beef Burrito, Sour Cream, Guacamole, Tomato Salsa (671kcal) £4.00	Parmesan Polenta Chips with Sea Salt and Rosemary, Mourne Cheese Sauce (501kcal) £4.00	'Pav Bhaji' Sag Aloo in a Potato Scone, Coriander and Red Onion Salad, Green Chutney, Tamarind Chutney (387kcal) £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 £2.60	Pineapple Upside Down Sponge (211kcal) Vanilla Custard (80kcal)	Jam and Coconut Sponge (247kcal) Vanilla Custard (80kcal)	Baked Vanilla Cheesecake (257kcal) Pouring Cream (190kcal)	Lemon and Lime Sponge (205kcal) Orange Custard (80kcal)	Apple and Cinnamon Crumble (220kcal) Vanilla Custard (80kcal)

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