

# THE KITCHEN

	Monday - 24 <sup>th</sup>	Tuesday - 25 <sup>th</sup>	Wednesday - 26 <sup>th</sup> <i>National Chip Weeks Ends</i>	Thursday - 27 <sup>th</sup> <i>National Toast Day</i>	Friday - 28 <sup>th</sup> <i>Ramadan Starts</i>
<b>Soup - £1.90</b> <b>Soup Bread - £0.85</b>	Cream of Mushroom Soup (360kcal) Homemade Focaccia (308kcal)	Spiced Lentil and Swede (184kcal) Homemade Focaccia (308kcal)	Leek, Pea and Watercress (154kcal) Homemade Focaccia (308kcal)	Curried Sweetcorn Soup (393kcal) Homemade Focaccia (308kcal)	Moroccan Aubergine and Chickpea (234kcal) Homemade Focaccia (308kcal)
<b>Main Meal £5.75</b>	Creamy Chicken and Bacon Wholewheat Pasta Bake (857kcal) <i>Or</i> Beef Chilli Con Carne (584kcal) Steamed Rice (139kcal)	Classic Beef Burger, BBQ Sauce, Cheese, Jalapeno Slaw (648kcal) Skinny Garlic Fries (265kcal)	Baked Ham (239kcal) Roasted Potatoes (187kcal) Roast Baby Parsnip (96kcal) Peas (77kcal) Gravy (28kcal)	Beef Rendang (682kcal) Coriander Noodles (358kcal)	Beer Battered MSC Battered Pollock Fillet (394kcal) Chips (270kcal) Tartare Sauce (85kcal)
<b>Bolt on</b>	Garlic Flatbread (143kcal)	Battered Onion Rings x 6 (266kcal)	Yorkshire Pudding (60kcal) - £0.30 each	Dim Sum Selection x 4 (215kcal) £2.00	Gravy (28kcal) - £0.80p
<b>Vegetarian Meal £5.50</b>	Roasted Garlic Mushroom and Baby Spinach Gnocchi Bake (669kcal)	Field Mushroom and Halloumi Burger, BBQ Sauce, Cheese, Jalapeno Slaw (684kcal) Skinny Garlic Fries (265kcal)	Nutless Roast Slice (302kcal) Roasted Potatoes (187kcal) Roast Baby Parsnip (96kcal) Peas (77kcal) Gravy (28kcal)	Vegetable Rendang (542kcal) Coriander Noodles (358kcal)	Beer Battered Banana Blossom (305kcal) Chips (270kcal) Tartare Sauce (85kcal)
<b>Potatoes - £1.45</b>	Chips (270kcal) - £1.65	Sweet Potato Wedges (189kcal)	Chips (270kcal) - £1.65	Salt and Pepper Chips (225kcal) - £1.65	Chips (270kcal)
<b>Vegetable - £1.30</b>	Peas and Green Beans (115kcal)	Roasted Broccoli with Almond and Lemon Dressing (199kcal)	Sauteed Savoy Cabbage (82kcal)	Green Beans with Turmeric and Toasted Coconut (72kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
<b>Hot Hand Held</b>	<b><u>National Chip Week</u></b> Topped Fries with Shredded Donner Meat, Chilli Sauce and Sliced Onion (487kcal) £4.00	Homemade Pork and Sage Sausage Roll (571kcal) £4.00	Deep Fried Brie Wedges x 1 (320kcal) Cauliflower Cous Cous, Shredded Kale and Beetroot Salad (127kcal) £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)
<b>Available Everyday</b>	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)
<b>Hot Sweet £2.20</b>	Belgium Waffles (398kcal) Chocolate Sauce (58kcal)	Apple Crumble (234kcal) Custard (80kcal)	Baked Vanilla Cheesecake (275kcal) Chocolate and Orange Sauce (192kcal)	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