

THE KITCHEN

| | Monday - 3 rd | Tuesday - 4 th Pancake Day | 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, Mourme 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) | Pancake Day Sweet Syrup Pancakes with a selection of toppings | 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