

THE KITCHEN

	Monday - 12 th Passover	Tuesday - 13 th	Wednesday - 14 th	Thursday - 15 th	Friday - 16 th
Soup – 2.00 Soup Bread – 0.95	Harissa Spiced Butternut Squash and Red Pepper (205kcal) Homemade Focaccia (308kcal)	Spicy Roasted Parsnip Soup (234kcal) Homemade Focaccia (308kcal)	Courgette and Tomato Soup (130kcal) Homemade Focaccia (308kcal)	Red Pepper, Sweet Potato and Smoked Paprika Soup (491kcal) Homemade Focaccia (308kcal)	Cauliflower and Cheddar Soup (310kcal) Homemade Focaccia (308kcal)
Main Meal 6.00	Traditional Spaghetti Bolognaise (581kcal) Grated Cheddar (83kcal) Basil Oil (96kcal)	Thai Green Chicken (429kcal) Steamed Jasmine Rice (120kcal) Lime Pickle (48kcal)	Creamy Ham and Mushroom Pasta Bake (727kcal) House Salad (68kcal)	Moroccan Chicken Breast (197kcal) Sweet Potato Mash (258kcal) Green Beans (31kcal) Pink Peppercorn Cream Sauce (110kcal)	Beer Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Garlic Focaccia (208kcal)	Dim Sum Selection x 4 (164kcal)	Garlic and Parsley Stuffed Flatbread (261kcal)	Harissa Spiced Stuffed Flatbread (251kcal)	Curry Sauce (82kcal) - £0.80p
Vegetarian Meal 5.75	Traditional Quorn Mince Spaghetti Bolognaise (487kcal) Grated Cheddar (83kcal) Basil Oil (96kcal)	<u>Hummus Bowl</u> Sesame Hummus, Roasted Chick Peas, Roasted Squash, Purple Sprouting Broccoli, Mixed Leaf, Pomegranate Dressing, Garlic and Coriander Flatbread (548kcal)	4 Cheese Tortellini Bake (657kcal) House Salad (68kcal)	Moroccan Aubergine Steak (97kcal) Sweet Potato Mash (258kcal) Green Beans (31kcal) Pink Peppercorn Cream Sauce (110kcal)	Smoked Battered Seitan (180kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.45	Herby Diced Potato (342kcal)	Chips (270kcal) - £1.65	Potato Croquettes (215kcal)	Harissa Spiced New Potatoes (87kcal)	Chips (270kcal) - £1.65
Vegetable - 1.30	Steamed Broccoli (134kcal)	Green Beans with Lemon and Garlic (143kcal)	Sweet Potato Wedges (189kcal)	Roasted Broccoli with Almond and Lemon Dressing (199kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.00	Spinach and Falafel Burger, Lemon Hummus, Baby Gem Lettuce, Pickled Red Onion (478kcal) £4.00	Breaded Scampi (279kcal), Shredded Iceberg (26kcal) Tartare Sauce (85kcal) £4.00	Southern Fried Chicken, Bacon and Maple Syrup Pancake Stack (647kcal) £4.00	Buffalo Chicken Wings, Ranch Dressing, Crispy Onions, Spring Onion and Coriander (685kcal) £4.00	Jumbo Battered Sausage £2.85 Classic Chip Shop Fish Cakes x 2 £1.50
Available Everyday	Chips (270 kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	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)	Sticky Toffee Pudding (175kcal) Toffee Sauce (121kcal)	Caramelised Banana and Chocolate Sponge (204kcal) Chocolate Custard (101kcal)	Homemade Apple and Cinnamon Crumble (237kcal) Vanilla Custard (81kcal)	Bread and Butter Pudding (284kcal) Pouring Cream (230kcal)