

THE KITCHEN

	Monday - 14 th	Tuesday - 15 th National Cheese Toast Day	Wednesday - 16 th Guacamole Day	Thursday - 17 th British Food Fortnight Begins	Friday - 18 th
Soup – 2.15 Soup Bread – 1.00	Carrot and Ginger Soup (293kcal) Homemade Focaccia (308kcal)	Simply Tomato (241kcal) Homemade Focaccia (308kcal)	Cream of Celeriac Soup (198kcal) Homemade Focaccia (208kcal)	Spicy Roasted Parsnip Soup (234kcal) Homemade Focaccia (308kcal)	Cream of Tomato Soup (280kcal) Homemade Focaccia (208kcal)
Main Meal 6.25	Shanghai Style Braised Pork Belly (631kcal) Sesame Fried Savoy Cabbage (86kcal) Steamed Rice (120kcal)	Sage and Garlic Roast Gammon (412kcal) Roasted Squash and Pumpkin Seed Pearl Barley Risotto (305kcal) Herb Crumb (135kcal)	Chilli con Carne (487kcal) Steamed Rice (120kcal)	Chicken Tikka Masala (624kcal) Basmati Rice (120kcal)	Battered MSC Battered Pollock Fillet (268kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Large Spring Roll (246kcal) 1.50 Vegetable Gyoza x 4 (206kcal)		Tortilla Chip, Guacamole and Sour Cream Pot (301kcal)	Poppadum x 10 30 (48kcal) Naan Bread x 1 1.50 (420kcal) Punjabi Samosa x 1 1.00 (186kcal)	Curry Sauce (82kcal) 0.90
Vegetarian Meal 6.00	Shanghai Style Braised Tofu (301kcal) Sesame Fried Savoy Cabbage (86kcal) Steamed Rice (120kcal)	Orange Roasted Carrots (248kcal) Roasted Squash and Pumpkin Seed Risotto (305kcal) Herb Crumb (135kcal)	Chilli Sin Carne (397kcal) Steamed Rice (120kcal)	Vegetable Tikka Masala (547kcal) Basmati Rice (120kcal)	Battered Quorn Sausage (454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.70	Chilli, Soy and Sesame Sweet Potato Wedges (218kcal)	Honey Roasted Parsnips (167kcal)	Fajita Spiced Chips (270kcal)	Sag Aloo (301kcal)	'Tater Bites' (287kcal)
Vegetable - 1.50	Chilli and Coriander Smashed Squash (165kcal)	Herb Roasted New Potatoes (176kcal)	Chargrilled Vegetables (23kcal)	Masala Roasted Cauliflower (146kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.25	Lamb and Mint Burger (305kcal) California Bagel (292kcal) Tzatziki (105kcal) Baby Gem (14kcal)	Worcestershire Sauce and Smoked Applewood Cheese Rarebit (514kcal) Mixed Salad (8kcal) Wholegrain Mustard Dressing (74kcal)	Spiced Chicken and Pepper Quesadilla, Guacamole (587kcal)	Pasty Bar Phat Cornish Pasty (603kcal) 4.25 Phat 6" Sausage Roll (344kcal) 2.50 Peas (76kcal) 1.00 Mashed Potato (104kcal) 1.70 Gravy (151kcal)	Chicken, Ham hock and Leek Pie 3.50 (677kcal) Jumbo Battered Sausage (513kcal) 2.95
Available Everyday	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00
Hot Sweet 3.00	Chocolate Sponge (301kcal) Chocolate Custard (87kcal)	Plum and Star Anise Crumble (308kcal) Custard (87kcal)	Jamaican Ginger Sponge (398kcal) Salted Caramel Sauce (154kcal)	Squash and Marshmallow Crumble (402kcal) Pouring Cream (101kcal)	Coconut and Mango Sponge (298kcal) Coconut Custard (101kcal)

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