



NOVEMBER SET DINNER MENU

MONDAY - THURSDAY

Starters

ROASTED CARROT AND SWEET POTATO SOUP

WARM CRUSTY BREAD (342KCAL) RGF VG

MAC AND CHEESE FRITTER

SLOW COOKED BEEF SHIN RAGU, BASIL OIL, ROCKET (624KCAL)

WARM SMOKED TROUT AND POTATO SALAD

ROASTED RAINBOW BEETROOTS, PICKLED SHAVED FENNEL, BEETROOT GEL, CARAMELISED ORANGES, HAZELNUT YOGHURT DRESSING (418KCAL) GF

Mains

8OZ SIRLOIN STEAK

TRIPLE COOKED CHIPS, GRILLED TOMATO, FLAT CAP MUSHROOM AND ONION RINGS (953KCAL) RGF

SATAY MARINATED CHICKEN BREAST

STIR FRIED NOODLES AND VEGETABLES, FRAGRANT MALAYSIAN CURRY SAUCE, SESAME CUCUMBER SALAD (837KCAL)

ROASTED SALMON ESCALOPE

PAN ROASTED SALMON, TOMATO LINGUINI, MUSSELS, KING PRAWNS, GARLIC, BASIL (826KCAL) RGF

ROASTED STUFFED PEPPERS

WINTER RATATOUILLE VEGETABLES, PATATAS BRAVAS, CRUMBLed FETA CHEESE (886KCAL) V RGF

ALL MAINS SERVED WITH A SELECTION OF VEGETABLES (63KCAL PER SERVING)

Desserts

TOFFEE APPLE AND PLUM CRUMBLE

WHIPPED CLOTTED CREAM, POPCORN SCENTED CUSTARD (917KCAL) V

A SELECTION OF ICE CREAMS

SUGAR CONE, RASPBERRY SAUCE, TOASTED NUTS, SPRINKLES (449KCAL) V RGF

2 COURSES

£18

3 COURSES

£22

V VEGETARIAN VG VEGAN GF GLUTEN FREE RGF REQUEST GLUTEN FREE ALTERNATIVE RVG REQUEST VEGAN ALTERNATIVE

MENU DISHES AND PRICES MAY CHANGE WITHOUT PRIOR NOTICE. ALL OUR FOOD IS PREPARED IN A KITCHEN WHERE NUTS, CEREALS CONTAINING GLUTEN & OTHER ALLERGENS ARE PRESENT AND OUR MENU DESCRIPTIONS DO NOT INCLUDE ALL INGREDIENTS. PLEASE ADVISE OUR STAFF IF YOU HAVE ANY FOOD ALLERGIES, INTOLERANCES, COELIAC DISEASE, OR OTHER DIETARY REQUIREMENT SO THAT WE CAN PROVIDE YOU WITH INGREDIENT INFORMATION TO MAKE A SAFE CHOICE. AS ALLERGENS ARE PRESENT ON SITE AND SOME OF OUR INGREDIENTS HAVE 'MAY CONTAIN' ADVICE, WE CANNOT GUARANTEE MENU ITEMS WILL BE COMPLETELY FREE FROM A SPECIFIC ALLERGEN. WEIGHTS STATED ARE APPROXIMATE UNCOOKED WEIGHTS

* TERMS AND CONDITIONS APPLY

ADULTS NEED AROUND 2,000KCAL PER DAY