

APRIL DINNER SET MENU MONDAY - THURSDAY



Starters

SPICED SWEET POTATO AND RED PEPPER SOUP

CHILLI OIL, CRUSTY BREAD (387KCAL) RGF VG

NAPOLEONS CLASSIC PRAWN COCKTAIL

BLOODY MARY MAYONNAISE, WHOLEMEAL BLOOMER (236KCAL) RGF

CHICKEN, CARROT AND SPINACH ROULADE

SAUTEED POTATOES, CARROT PUREE, PANCETTA CRISP, BREAD SAUCE (463KCAL) GF

Mains

CHARGILLED 8oz SIRLOIN STEAK

TRIPLE COOKED CHIPS, GRILLED TOMATO, FLATCAP MUSHROOM AND ONION RINGS (956KCAL) RGF

CURRIED LAMB RUMP

BUTTERNUT SQUASH AND CHICKPEA MASALA, VEGETABLE BHAJI, FRAGRANT CUMIN RICE PANCAKE, COCONUT RICE (966KCAL) RGF

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

GRILLED HAKE FILLET

BRAISED CELERIAC, PRAWN AND SWEETCORN FRITTERS, GREEN BEANS, BLACK OLIVE, CAPER AND ANCHOVY SAUCE (360KCAL)

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

CHERRY TOMATO, COURGETTE AND SPINACH TART

TOMATO RAGU, ROCKET AND ITALIAN CHEESE SALAD, HERB DRESSING (697KCAL) V RVG

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

Desserts

DARK CHOCOLATE TART

CARAMEL SAUCE, PINEAPPLE AND CHILLI SALSA, CHANTILLY CREAM (1,184KCAL) V

A SELECTION OF ICE CREAMS

SUGAR CONE, RASPBERRY SAUCE, TOASTED NUTS, SPRINKLES (607KCAL) V RGF

2 COURSES

£20

3 COURSES

£24

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