

# JULY DINNER SET MENU

## MONDAY - THURSDAY



### Starters

#### **TOMATO AND BASIL SOUP**

WARM BAKED SOURDOUGH (378KCAL) RGF VG

#### **THAI SPICED MEATBALLS**

STICKY RICE, FRAGRANT RED COCONUT CURRY SAUCE,  
SMASHED TERIYAKI CUCUMBER (598KCAL)

#### **MELON AND EXOTIC FRUIT PLATE**

PASSION FRUIT GEL, COCONUT AND PASSION FRUIT LOLLIPOP,  
TOASTED SUNFLOWER SEEDS (415KCAL) VG GF

### Mains

#### **CHARGRILLED 100Z RUMP STEAK**

TRIPLE COOKED CHIPS, GRILLED TOMATO,  
FLAT CAP MUSHROOM AND ONION RINGS (922KCAL) RGF

#### **BUTTER BASTED CHICKEN SUPREME**

RED PEPPER AND CHORIZO ORZOTTO, CONFIT VINE TOMATOES, SALSA VERDI (820KCAL)  
SERVED WITH A SELECTION OF VEGETABLES (63KCAL PER SERVING)

#### **CRISPY SESAME SEA BASS**

WOK FRIED BROCCOLI, SUGAR SNAP PEAS AND BOK CHOI, RICE NOODLES, CHILLI,  
GARLIC, MISO AND GINGER DRESSING (738KCAL) RGF  
SERVED WITH A SELECTION OF VEGETABLES (63KCAL PER SERVING)

#### **MEDITERRANEAN VEGETABLE AND RICOTTA LASAGNE**

SUN BLUSH TOMATO AND OLIVE SALAD, PESTO BAKED CIABATTA (783KCAL) V  
SERVED WITH A SELECTION OF VEGETABLES (63KCAL PER SERVING)

### Desserts

#### **STRAWBERRY CHEESECAKE**

STRAWBERRY SORBET, CRUSHED MERINGUE  
(700KCAL) 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