

SEPTEMBER DINNER SET MENU

SUNDAY - WEDNESDAY



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)

NAPOLEONS CLASSIC PRAWN COCKTAIL

BLOODY MARY MAYONNAISE, WHOLEMEAL BLOOMER (510KCAL) RGF

Mains

BUTTER BASTED 100Z CHICKEN BREAST

TRIPLE COOKED CHIPS, GRILLED TOMATO,
FLAT CAP MUSHROOM AND ONION RINGS (762KCAL) RGF

CHARGRILLED SIRLOIN STEAK

STROGANOFF MUSHROOMS, BUTTERED SPINACH,
THYME SCENTED FONDANT POTATOES (823KCAL) GF

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

APRICOT BREAD AND BUTTER PUDDING

CLOTTED CREAM ICE CREAM, CREME ANGLAISE
(877KCAL) V

A SELECTION OF ICE CREAMS

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

2 COURSES

£21

3 COURSES

£25

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