



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	See Daily Menu.....				
Main offer	Farm assured Szechuan chicken Tofu and black bean sauce with peppers	Lancashire lamb hot pot Mushroom and spinach free range egg tart Rosemary potatoes	Classic beef bolognaise Spinach cannelloni Tortellini formagio Green beans Pesto carrots	Farm assured Roast pork loin Date stuffing Cashew en crouete Mushroom suace	Traditional fish and chips Cornish pasty Vegetarian cottage pie Fresh vegetable House salad
Grab and go offer	Take away pizza Garlic bread Potatoes wedges Coleslaw salad	Sea food paella Parma ham croquets Potato tortilla Olives salads	Jerk chicken Crispy okra Rice and peas Chilli corn Broccoli slaw	Coconut Fish curry and jasmine rice with vegetable spring roll and crisp salad	Samosa, pakora and bahjis, naan bread and popadums with chutneys and dips
Hot market sandwich	Pork apple and sage sausages with caramelized onions and braeburn apples Mini roasters	Crispy Parma ham Somerset brie and organic avocado Pasta salad	Falafel and humus knobez with feta Chutney and sweet potato fries	Salt beef and gherkins with mustards and rye breads and fries	Roasted organic salami with mozzarella ,pesto And grilled peppers
Deli specials	Rare roast beef with blue cheese and horseradish Pickled seafood escabeche	Southern fried chicken fillet and salsa Tuna steak Nicosia	heritage beetroots and goats cheese Pickled squash and smoked tofu	Confit duck and roasted plums Roasted sumac aubergine and haloumi	Alaskan wild salmon with asparagus Quinoa falafel with carrot chutney