

# Lunch week 1

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b> £2.20	BEEF BURGER WITH CHIPS AND BAKED BEANS (H حلال)	CHILLI CON CARNE WITH MEXICAN BEAN RICE (H حلال)	CHICKEN PARMIGIANA WITH SPAGHETTI & FRESH BASIL (H حلال)	CHICKEN TIKKA MASALA CURRY TUMERIC RICE & NAAN (H حلال)	BATTERED FISH & CHIPS, MINTED PEAS & TARTARE SAUCE (H حلال)
ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY					
<b>PLANT BASED / VEGETARIAN</b> £2.20	VEGETABLE BURGER WITH CHIPS AND BAKED BEANS (VG)	VEGAN CHILLI CON CARNE WITH MEXICAN BEAN RICE (VG)	AUBEGINE PARMIGIANA WITH SPAGHETTI & FRESH BASIL (V)	LENTIL DAHL CURRY WITH TUMERIC RICE & NAAN (V)	VEGETARIAN SAUSAGE, CHIPS, PEAS AND GRAVY (VG)
ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY					
<b>STREET FOOD</b> FROM £2.20	MEDITERRANEAN CHICKEN FLATBREAD (H حلال)	PIRI PIRI QUORN WRAP HERBY SLAW & WEDGES (VG)	STICKY JERK CHICKEN WITH RICE & PEAS AND SLAW (H حلال)	SWEET CHILLI EGG NOODLES STIR FRY & SPRING ROLL (V)	TANDOORI CHICKEN SKEWERS & SWEET POTATO WEDGES (H حلال)
<b>TAKEAWAY TUBS</b> FROM £1.95	CHINESE STIR FRY EGG NOODLES (V)	STICKY BBQ CHICKEN WINGS (H حلال)	CHILLI BEEF WITH NACHOS & SALSA (H حلال)	PIRI PIRI CHICKEN DRUMSTICKS (H حلال)	VEGETABLE PAKORA NAAN BREAD & MINT YOGURT (V)
	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY	PASTA OF THE DAY
<b>PIZZA SLICE</b> FROM £1.65	MARGHERITA (V) / CHINESE CHICKEN & SWEETCORN (H حلال)	CHEESY GARLIC PIZZA BREAD (V) / PEPPERONI (H حلال)	MARGHERITA (V) / PIRI PIRI CHICKEN & ROAST PEPPER (H حلال)	CHEESY GARLIC PIZZA BREAD (V) / PEPPERONI (H حلال)	MARGHERITA (V) / CHICKEN TIKKA & RED ONION (H حلال)
<b>JACKETS</b> £2.20	FRESHLY BAKED JACKET POTATOES WITH A CHOICE OF HOT OR COLD FILLING				
<b>DESSERTS</b> £1.10	WARM COOKIE DOUGH & ICE CREAM (V)	STICKY TOFFEE PUDDING AND CUSTARD (V)	WARM CHOCOLATE BROWNIE & CREAM (V)	APPLE CRUMBLE WITH CUSTARD (V)	STRAWBERRY & WHITE CHOCOLATE CHEESCAKE (V)

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



+



+



## £2.75

All Of Our Main Meals,  
Sandwiches & Desserts Are  
Freshly Made On Site Every Day

## ALLERGEN KEY

**H حلال** - HALAL MEAT  
**(VG)** - VEGAN FRIENDLY  
**(V)** - VEGETERIAN