

MENU

Week 1: 18th April, 9th May, 6th June, 27th June, 18th July



Meal Deal
Buy a
Main Meal
with a
Dessert
for only
£2.27
(Save 63p)

Special Days!

LOOK OUT FOR SPECIAL MENUS

NATIONAL BBQ WEEK
3RD - 6TH MAY

PLATINUM JUBILEE STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT BRITISH PICNIC
FRIDAY 24TH JUNE

MON

TUE

WED

THU

FRI

£1.95

MAIN
fresh flavours

Bangers and Mash with Onion Gravy served with Peas and Beans (G, Su, Mk)

Beef Burger Served with Wedges, Fried Onion, Lettuce & Coleslaw (G, Su, E)

Roast Chicken served with Roast Potatoes, Seasonal Veggies, Yorkshire Pudding and Gravy (G, Mk, E)

Battered Fish or sausage and Chips served with Peas, Beans and Lemon (G, Su, F)

Chilli con carne and Rice with Crushed tortillas, salsa, guacamole and soured cream (Mk)

£1.95

VEGGIE
meat free feasts

Veggie Sausages and mash with Onion Gravy served with Peas and Beans (G, Su, Mk)

Vegetable Burger Served with Wedges, Fried Onion, Lettuce & Coleslaw (G, Su, E)

Roast Mushroom and Lentil Wellington served with Roast Potatoes, Seasonal Veggies, Yorkshire Pudding and Gravy (G, Mk, E)

Veggie sausage Rolls and Chips served with Peas, Beans (G, Mk, Su)

Cajun Halloumi Burger Served with Wedges & Coleslaw (G, Mk, E)

£1.90

HOT SANDWICH
hot hot hot

Chicken Burger with coleslaw (G, E)

Ham and Cheddar Grilled Panini with Nachos (G, Mk)

New York Quorn Dog with paprika wedges (G, Mk, E)

Croque Monsieur with Fries and Salad (G, Mk, So)

From £1.80

PASTA/JACKET BAR
fuelling flavour

Penne with tomato and basil (G)
Jacket potato loaded with a choice of Cheddar Cheese (Mk), Baked Beans, Coleslaw (E)

Penne with tomato and basil (G)
Jacket potato loaded with a choice of Cheddar Cheese (Mk), Coleslaw (E), Baked Beans

Penne with Bolognese sauce (G)
Jacket potato loaded with a choice of Cheddar Cheese (Mk), Coleslaw (E), Baked Beans

Penne with tomato and basil (G)
Jacket potato loaded with a choice of Cheddar Cheese (Mk), Coleslaw (E), Baked Beans

£0.95

PUDDING
sweet treat

Baked Jam sponge with cream (G, Mk, E)

Sticky toffee pudding with toffee sauce (G, Mk, E, Su)

Apple and blackberry crumble with custard (G, Mk)

Chocolate Sponge and Chocolate sauce (G, Mk, E)

Double Chocolate Chip Muffin (G, Mk, E, So)

ALLERGENS

F = Fish
Ce = Celery
Cr = Crustacean
E = Eggs
G = Cereals containing Gluten
L = Lupin
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

LOOK OUT FOR LIMITED EDITION RECIPES FROM OUR MONTHLY BOOSTING INGREDIENT!

grain
fuelling foods

&

brain
boosting foods

MENU

Week 2:

25th April, 16th May, 13th June, 4th July



Meal Deal
Buy a
Main Meal
with a
Dessert
for only
£2.27
(Save 63p)

Special Days!

LOOK OUT FOR SPECIAL MENUS

NATIONAL BBQ WEEK
3RD - 6TH MAY

PLATINUM JUBILEE STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT BRITISH PICNIC
FRIDAY 24TH JUNE

MON

TUE

WED

THU

FRI

£1.95

MAIN
fresh flavours

Chicken Korma with Pilau Rice, and Naan Bread, Riata & Mango Chutney
(Mk, G, Su)

BBQ Pulled Pork Taco with Sweet potato wedges, Salsa and Guacamole

Roast Gammon and Apple sauce served with Roast potatoes and seasonal Veggies, Yorkshire Pudding & Gravy **(G, Mk, E)**

Battered Fish or Accent sausage Roll and Chips served with Peas or Beans
(G, F, Su)

Chicken Katsu Served with Rice & Pickled Veg
(G, Mk, E, Su)

£1.95

VEGGIE
meat free feasts

Spinach and Lentil Dahl with Steamed Rice mango chutney, Riata and Naan Bread
(Mk, G)

Cheddar and Tomato Quiche with sweet potato wedges and Chefs Salad
(G, Mk, E)

Roast Mushroom and Lentil Wellington with roast potatoes and seasonal veggies
(G, Mk, E)

Cheese and Onion Patties served with chips, Bena Peas
(G, Mk, E)

Tempeh Katsu Served with Rice & Pickled Veg
(G, Mk, E, Su, So)

£1.90

HOT SANDWICH
hot hot hot

Piri Piri Chicken Panini with nachos
(Mk, G)

Cajun Chicken wrap filled with salad and lemon Mayo
(Mu, G, E)

Spicy salsa and cheddar glazed chicken Burrito with Rice

Pork Meatball Marinara Sub
(G, Su)

From £1.80

PASTA/JACKET BAR
fuelling flavour

Penne with tomato and basil or **(G)**
Jacket potato loaded with a choice of Cheddar Cheese (Mk), Baked Beans

Macaroni Cheese **(G, Mk)**
Jacket potato loaded with a choice of Cheddar Cheese (Mk), Baked

Penne with tomato and basil **(G)**
Jacket potato loaded with a choice of Cheddar Cheese (Mk), Baked Beans

Penne with tomato and basil **(G)**
Jacket potato loaded with a choice of Cheddar Cheese (Mk), Baked Beans

£0.95

PUDDING
sweet treat

Pineapple upside down cake with custard
(G, Mk, E)

Apple Pie and cream
(G, Mk)

Cornflake tart and custard
(G, Mk, E, Su)

Chocolate chip sponge and chocolate sauce
(G, Mk, E, So)

Banana Tea Bread
(G, Mk, E)

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- N = Nuts
- P = Peanuts
- Se = Sesame Seeds
- So = Soya
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MENU

Week 3:

2nd May, 23rd May, 20th June, 11th July



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Dessert
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Special Days!

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SPECIAL MENUS

NATIONAL
BBQ WEEK
3RD - 6TH MAY

PLATINUM JUBILEE
STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT
BRITISH PICNIC
FRIDAY 24TH JUNE

MON

TUE

WED

THU

FRI

£1.95

MAIN
fresh flavours

Sweet and Sour
Chicken with Egg
Noodles and Prawn
Crackers
(E, G, So, Cr, Su)

Cajun Chicken Burger
Served with Wedges &
Coleslaw
(G, E, Mu)

Roast Chicken and sage
and onion stuffing
served with Roast
Potatoes, Seasonal
Veggies and Gravy
(G)

Battered Fish or
Sausage and Chips
served with Peas
(G, F, Su)

Fusilli with Bolognese
sauce & Garlic Bread
(G)

£1.95

VEGGIE
meat free feasts

Stir Fried Teriyaki
Veggie Noodles Served
with Prawn Crackers
(So, G, E, Cr, Su)

Vegetable Burger
Served with Wedges
& Coleslaw
(G, Su, E)

Roast Mushroom and
Lentil Wellington Roast
Potatoes, Seasonal
Veggies and Gravy
(G, Mk, E)

Veggie Sausage Rolls
and Chips served with
Peas
(G, Su, E, Mk)

Macaroni Cheese
Served with Garlic
Bread
(G, Mk)

£1.90

HOT SANDWICH
hot hot hot

Croque Monsieur
with nacho's
(G, Mk, So)

All American Hot Dog
with ketchup, mustard
and fried onions
(G, Su)

Smoked Ham and
Cheddar Grilled Panini
(G, Mk)

Chinese chicken wrap
with prawn crackers
(G, Cr, Su, So)

From £1.80

PASTA/JACKET BAR
fuelling flavour

Penne with tomato
and basil
(G)
Jacket potato loaded
with a choice of
Cheddar Cheese (Mk),
Baked Beans

Macaroni Cheese
(G, Mk)
Jacket potato loaded
with a choice of
Cheddar Cheese (Mk),
Baked Beans

Penne with Bolognese
(G)
Jacket potato loaded
with a choice of
Cheddar Cheese (G,
Mk), Coleslaw (E),
Baked Beans

Penne with tomato and
basil
(G)
Jacket potato loaded
with a choice of
Cheddar Cheese (Mk),
Coleslaw (E), Baked
Beans

£0.95

PUDDING
sweet treat

Treacle Tart
(G, Mk, E)

Raspberry and coconut
steamed sponge
(G, Mk, E)

Blueberry Muffin
(G, Mk, E)

Triple chocolate cake
and Chocolate Frosting
(G, Mk, E, So)

Chocolate Chip Muffin
(G, Mk, E, So)

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