AUTUMN MENU

WEEK 1
WEEK 2
WEEK 3

MEAL DEAL £2.75

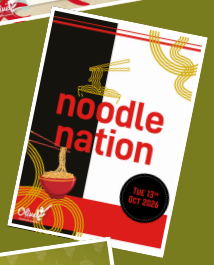
	MON	TUES	WED	THURS	FRI
MAIN £2.60	CINCINNATI STYLE BEEF CHILLI & STEAMED RICE (G/B*, O*, R*, W*)	MOO-PING STYLE CHICKEN CURRY WITH COCONUT RICE (CE*, MU*, SO, G/W)	ROAST CHICKEN WITH RUSTIC ROAST POTATOES, SEASONAL VEGETABLES & GRAVY (G/W)	BEEF PASTA AL FORNO WITH TOMATO & HERB SAUCE (CE, E*, MK, G/W)	FISH & CHIPS WITH GARDEN PEAS (F, G/B*, W)
ROOTS & SHOOTS £2.60	VEGGIE CHILLI TACO WITH SHREDDED LETTUCE, SALSA & SPICY RICE (MU*, SO*, G/B*, O*, R*, W*) V	JAMAICAN CAULIFLOWER CURRY WITH RICE & PEAS (CE, G/B*, W*) V	VEGETABLE & LENTIL PARCEL WITH RUSTIC ROAST POTATOES, SEASONAL VEGETABLES & GRAVY (CE, G/B*, W) V	SUPER GREEN PESTO VEGETABLE RAGU WITH WHOLEMEAL PENNE (MK, G/W)	MARGHERITA PIZZA WITH CHIPS & HOUSE SALAD (MK, G/W)
PASTA POPINA £2.45	TOMATO & BASIL PASTA (G/W) V	CREAMY MUSHROOM & PEA SPAGHETTI (CE, E, MK, G/W)	MAC & CHEESE (MK, G/W)	CHERRY TOMATO & SPINACH PASTA (CE, G/W) V	MEDITERRANEAN VEGETABLE PASTA (G/W) V
PUD £1.50	SUMMER CRUMBLE WITH CUSTARD (MK, G/W)	MANGO CHEESECAKE (E*, MK, SO*, G/B*, O*, R*, W)	CARAMELISED APPLE SPONGE WITH CUSTARD (E, MK, SO*, G/W)	CHOCOLATE & ORANGE MARBLE CAKE (E, MK, SO*, G/W)	RICE PUDDING WITH FRUIT COULIS (MK)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

ISLAND EATS	SPICE JUNCTION	MEZZE MADNESS	SEOULFUL BITES	CHICKEN SHACK OLIVE DINING
STREET £2.80	FULLY LOADED CHEESEBURGER (MK, SE*, SO, SU, G/W)	CHICKEN MASSAMAN CURRY WITH LIME & CORIANDER RICE	NORTH AFRICAN SPICED BEEF WITH SEASONED WEDGES (CE, G/B*, O*, R*, W*)	FIRECRACKER CHICKEN WRAP WITH CAJUN MAYO (E, G/W)	SOUTHERN STYLE BAKED CHICKEN LEG WITH SPICY RICE & BBQ BEANS

Theme Days









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ALLERGENS KEY:

CE = CELERY
CR = CRUSTACEAN
E = EGGS
F = FISH
G = GLUTEN
G/B = BARLEY
G/O = OATS
G/R = RYE
G/W = WHEAT
L = LUPIN
MK = MILK
MO = MOLLUSCS
MU = MUSTARD
N = NUTS
P= PEANUTS
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SO = SOYA
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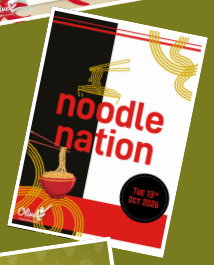
	MON	TUES	WED	THURS	FRI
MAIN £2.60	PAPRIKA SPICED BEEF GOULASH WITH BUTTERED EGG NOODLES (E, G/W)	BALTI CHICKEN CURRY WITH PILAU RICE & RAITA (MK, G/B*, O*, R*, W*)	ROAST TURKEY WITH RUSTIC ROAST POTATOES, SEASONAL VEGETABLES & GRAVY (G/W)	CREAMY CHICKEN & LEEK PIE WITH GOLDEN PUFF PASTRY LID & BUTTERED NEW POTATOES (CE, MK, G/W)	FISH & CHIPS WITH GARDEN PEAS (F, G/B*, W)
ROOTS & SHOOTS £2.60	HUNGARIAN VEGGIE MEATBALLS IN SPICED TOMATO SAUCE WITH BUTTERED POTATOES (E*, SO, G/B*, O*, R*, W)	JAMAICAN CAULIFLOWER CURRY WITH RICE & PEAS (CE, G/B*, W*) V	THYME & GARLIC ROASTED QUORN WITH ROASTED POTATOES, SEASONAL VEGETABLES & GRAVY (G/W)	CHEDDAR TOPPED VEGGIE HOT POT WITH SEASONAL VEGETABLES (CE, MK, G/W)	VEGGIE SUPREME PIZZA WITH CHIPS & HOUSE SALAD (MK, G/W)
PASTA POPINA £2.45	TOMATO & BASIL PASTA (G/W)	MEXICAN STREET CORN PASTA BAKE (MK, G/W)	MAC & CHEESE (MK, G/W)	MEDITERRANEAN VEGETABLE PASTA (G/W) V	THREE CHEESE PASTA (MK, G/W)
PUD £1.50	STICKY TOFFEE PUDDING (E, MK, SO*, G/W)	MIXED BERRY CRUMBLE WITH CUSTARD (MK, G/W)	JAM & COCONUT SPONGE WITH CUSTARD (E, MK, SO*, SU, G/W)	JAMAICAN GINGER CAKE WITH CUSTARD (E, MK, SO*, G/W)	CHOCOLATE SPONGE WITH CHOCOLATE SAUCE (E, MK, SO*, G/W)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

ISLAND EATS	SPICE JUNCTION	MEZZE MADNESS	SEOULFUL BITES	CHICKEN SHACK OLIVE DINING
STREET £2.80	JERK CHICKEN CURRY WITH RICE & PEAS (CE)	FIRECRACKER BEEF & WHOLEGRAIN RICE (CE, G/B*, O*, R*, W)	LEMON & GARLIC CHICKEN GYROS WITH WARM FLAT BREAD & GARLIC SAUCE (MK, G/W)	CARAMELISED ASIAN BEEF RAMEN NOODLES (CE*, E, MU*, SO, G/W)	HOT & SPICY CHICKEN WINGS WITH CHUNKY CHIPS & SLAW (E)

Theme Days









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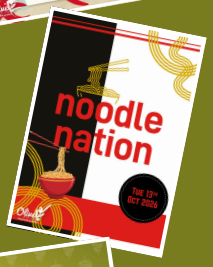
	MON	TUES	WED	THURS	FRI
MAIN £2.60	CHICKEN & PEPPERONI PAELLA WITH LEMON WEDGE (CE, E*, MK, MU*, SO*, G/W*)	CHICKEN & VEGETABLE BALTI CURRY WITH STEAMED RICE (MU*, G/B*, O*, R*, W*)	ROAST CHICKEN WITH RUSTIC ROAST POTATOES, SEASONAL VEGETABLES & GRAVY (G/W)	TRADITIONAL BEEF RAGU WITH HERB INFUSED PENNE (CE, G/W)	FISH & CHIPS WITH GARDEN PEAS (F, G/B*, W)
ROOTS & SHOOTS £2.60	MALLORCAN RATATOUILLE WITH CRISPY GARLIC POTATOES (V)	SRI LANKEN YELLOW VEGETABLE CURRY WITH STEAMED RICE (CE) (V)	WINTER VEGETABLE STEW WITH RUSTIC ROAST POTATOES & SEASONAL VEGETABLES (G/B*, W*) (V)	TUSCAN COURGETTE & PEPPER STEW WITH HERB INFUSED PENNE (CE, G/W) (V)	CHEESY VEGGIE CHILLI HOT DOG & CHIPS (E, MK, MU*, SE*, SO*, G/B, O*, R*, W)
PASTA POPINA £2.45	MAC & CHEESE (MK, G/W)	CREAMY PUMPKIN PASTA (CE, E, MK, G/W)	MEDITERRANEAN VEGETABLE PASTA (G/W) (V)	ROASTED SQUASH & PEA ALFREDO SPAGHETTI (E, MK, G/W)	TOMATO & BASIL PASTA (G/W) (V)
PUD £1.50	SPICED BANANA SPONGE WITH COCONUT SAUCE (E, MK, SO*, G/W)	PEAR UPSIDE DOWN CAKE WITH CUSTARD (E, MK, SO*, G/W)	CARROT CAKE (E, MK, SO*, G/B*, O*, W)	APPLE CRUMBLE WITH CUSTARD (MK, G/B*, O, W)	WEST INDIAN FRUIT CAKE (E, MK, SO*, G/W)
STREET £2.80	TRINIDADIAN STYLE BEEF HOT POT (CE, G/B*, O*, R*, W)	MEXICAN BEEF BURRITO WITH CHEF'S SALAD (CE, MU*, SO*, G/B*, O*, R*, W)	TURMERIC & HONEY CHICKEN WITH TABBOULEH AND TOMATO SAUCE (CE, SO, G/B*, O*, R*, W)	SWEET & SOUR CHICKEN BALLS & FRIED RICE (MK, SO*, G/B*, O*, R*, W)	PIRI PIRI CHICKEN & DIRTY RICE

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Theme Days









Go Vegan (V)

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