



Monday

Tomato Soup
£0.65 v ~~GF~~ ●

Individual Asian Red Beef Curry with
Coconut & Coriander Rice
£3.45 ~~GF~~ ●

Feta Cheese, Pepper & Tomato Pizza
£2.25 v ●

Traditional Cumberland Sausage Toad in
the Hole
£2.00 ●

Baked Cod on Roasted New Potatoes &
Onions
£3.60 ~~GF~~ ●

Thursday

Chunky Vegetable Soup
£0.65 v ~~GF~~ ●

Individual Norfolk Turkey & Leek Pie
£2.70 ●

Classic Vegetable Lasagne al Forno with
Garlic Bread
£2.00 v ●

Chilli Con Carne with Rice
£2.00 ●

Oven Roasted Salmon with Pesto &
Green Vegetable Medley
£3.80 ~~GF~~ ●

Tuesday

Spicy Bean Soup
£0.65 v ~~GF~~ ~~GF~~ ~~GF~~ ●

British Pork Meatballs in a Mushroom Sauce
with Herbed Rice
£2.70 ●

Quorn & Lentil Goulash with Buttered
Noodles
£2.00 v ●

English Lamb's Liver & Bacon with Onion
Gravy
£2.00 ~~GF~~ ●

Grilled Supreme of British Chicken with a
Spiced Tomato & Fruit Couscous
£3.25 ●

Friday

Lamb & Pearl Barley Soup
£0.65 ●

Golden Fried Fish of the Day with
Tartare Sauce
£3.45 ●

Vegetable Spring Rolls with Sweet 'n Sour
Vegetable Stir Fry
£2.00 v ●

Diced British Pork & Vegetable Madras
Curry with Steamed Rice & Poppadom
£2.70 ●

Grilled British Rump Steak with Grilled
Tomatoes & Onion Rings
£3.80 ●

Wednesday

Green Split Pea Soup
£0.65 ~~GF~~ ●

Traditional Terrace Fisherman's Pie
£2.70 ●

Crispy Vegetable Samosas with Cucumber
Salad & Mint Raita
£2.00 v ●

Yoghurt Marinated Tandoori Chicken Breast
with Steamed Rice & Naan Bread
£3.25 ●

Warm Rump Steak Salad with Iceberg
Lettuce, Red Onion Rings, Beef Tomatoes &
Chilli Sauce
£3.80 ~~GF~~ ●

- Higher Fat
- Lower Fat
- Medium Fat
- v Vegetarian
- ~~GF~~ Suitable for a Gluten Free Diet
- ~~GF~~ Suitable for Vegans

Some of our menu items contain allergens. There is a small risk that traces of these may be found in other products served here. We understand the dangers to those with severe allergies so please ask to speak to a member of staff who will endeavor to help you make your choice.

