




# lunch menu

monday 24 august 2009

soup	watercress and potato ●  ✖ £0.65
hot sandwich	marinated Chinese char-grilled rump of beef with bean sprouts and mushrooms in a soft tortilla wrap ● £3.80
pasta	tagliatelle with curried lamb meatballs ● £3.25
jacket potatoes	mushroom goulash ● v ✖ £1.70
	chicken korma contains nuts ● £2.45
from the grill	chef's fish choice of the day - see separate poster ✖ ● £3.80
	grilled leg of lamb steak with a chunky tomato salsa ● ✖ £3.15
other mains	vegetable paella ●  £1.50
sides	vegetables and potatoes of the day v £0.45

## DIETARY INFORMATION







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.

suitable for coeliacs ✖    suitable for vegans   
suitable for vegetarians V    low fat ●    medium fat ●    high fat ●

Our staff will be happy to supply further details of dish ingredients should you require them.


# lunch menu

tuesday 25 august 2009

- soup** roasted farmhouse vegetable soup  
●   £0.65
- hot sandwich** turkey burger with a Greek style salad on chota naan bread and selected leaves ● £2.25
- pasta** penne with selected forest mushrooms and a champagne dressing ● v £2.70
- jacket potatoes** Thai red vegetable curry **contains nuts** ●  £1.50  
bacon, crème fraîche, spring onion and rocket  
●  £2.45
- from the grill** chef's fish choice of the day - see separate poster  
 ● £3.80
- super fit steak salad - lean rump steak, roasted butternut squash, cherry tomatoes, basil, lime and green salad ●  £3.80
- other mains** Spanish tortilla with roasted peppers, potatoes and a dressed salad ● v £1.70
- sides** vegetables and potatoes of the day v £0.45

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# lunch menu



wednesday 26 august 2009


**soup** red lentil ●   £0.65

**PMQ special** baked polenta crusted chicken supreme with balsamic caper 'pan sauce' ● £4.15

**hot sandwich** spicy beef kofta on pitta bread with turmeric yoghurt and chilli sauce ● £2.25

**pasta** papparadelle with puttanesca sauce  
- olives, capers, garlic and tomatoes ● v £1.70

**jacket potatoes** jacket potato sag aloo ●   £2.00  
spiced mini Cumberland sausage in a chilli sauce ● £2.00

**mains** chef's fish choice of the day - see separate poster  
 ● £3.80



bacon steak with a gooseberry relish and stir-fried vegetables ● £2.25

Mediterranean vegetable and feta tower with basil and butternut squash mash ● v £2.00

**sides** vegetables and potatoes of the day v £0.45

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# lunch menu

thursday 27 august 2009

- soup** pumpkin, pepper and pancetta soup ● £0.65
- hot sandwich** turkey escalope in a wholemeal bap with tarragon crème fraiche and selected leaves ● £3.05
- pasta** fusilli with chicken and broccoli in a cream sauce ● £2.45
- jacket potatoes** pork, shitake mushroom and cider flavoured sauce ● £2.70
- braised chickpea with carrots, celery and onions in a rich tomato sauce ● ~~✶~~ **Vegan** £2.00
- mains** chef's fish choice of the day - see separate poster ~~✶~~ ● £3.80
- polenta with roasted vegetables and crispy salad leaves ● **v** £1.70
- lamb and vegetable biryani with hot madras sauce ● £3.45
- sides** vegetables and potatoes of the day **v** £0.45

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# lunch menu

friday 28 august 2009

- soup** forest mushroom ●  £0.65
- hot sandwich** “debate club sandwich” char-grilled chicken supreme, grilled bacon, egg mayonnaise, beef tomatoes and selected leaves ● £3.05
- pasta** pasta with spinach, rocket and pinenut pesto ● v £2.00
- jacket potatoes** cauliflower and leek in a cheddar cheese and English mustard sauce ● v £2.00
- green Thai fish curry ●  £3.60
- from the grill** folded char-grilled skirt steak with a walnut and blue cheese filling ● £3.15
- other mains** chef’s fish choice of the day - see separate poster  ● £3.80
- wholegrain mustard crusted tofu with savoy cabbage and sweet potato ● v £2.00
- sides** vegetables and potatoes of the day v £0.45

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