

Comfort Dining Menu

Week 1

MON

Cream of Mushroom Soup V
87 kcal

Devilled Eggs & Watercress Salad V GF
149 kcal

Lemon & Thyme Butter Chicken Breast, Mashed Potato, Broccoli & Carrots, Thyme Gravy GF
685kcal

Blue Cheese and Spinach Quiche, New Potatoes, House Salad V
743 kcal

Banana Split GF
543 kcal
Steamed Ginger & Date Pudding
429 kcal

Pan Roasted Seabass, Niçoise Potato, Crispy Breaded Prawns, Spinach, Lemon & Tomato Butter Sauce 722 kcal £7.00

TUE

Leek & Potato Soup V
62 kcal

Tomato on Toast Balsamic Dressing V
135 kcal

Pork Milanese, Pesto Pasta, Sun Dried Tomato & Parmesan, House Salad
1105 kcal

Pea, Spinach & Parmesan Frittata, Roasted Red Pepper Sauce, New Potatoes, House Salad V GF
556 kcal

Mixed Summer Berry Pavlova GF
259 kcal
Roasted Peaches, Vanilla Cream
GF 159 kcal

WED

Pea & Mint Soup V
177 kcal

Grilled Sardines, Fennel & Red Onion Slaw, Lemon & Parsley Butter GF
252 kcal

Roast Turkey, Pigs in Blankets, Roast Potatoes & Summer Vegetables GF
1031 kcal

Leek, Brie & Caramelised Onion Wellington, Roast Potatoes, Summer Greens, Roasted Vegetables, Gravy V
1031 kcal

Tiramisu 382 kcal
Vanilla, Honey & Yoghurt Cake, Custard 310 kcal

Grilled Plaice, Lyonnaise Potatoes, Green Beans, Lemon Butter Sauce GF 656 kcal £7.00

THU

Tomato & Basil Soup V
252 kcal

Crispy Breaded Brie, Cranberry & Watercress V
366 kcal

Lamb & Mint Pie, Mashed Potato, Summer Vegetables, Gravy
676 kcal

Baked Ratatouille Filled Aubergine, Herb Crumb, Basil Pesto & House Salad V
336 kcal

Treacle Tart with Cream 425 kcal
Poached Pears, Custard GF 263 kcal

FRI

Carrot & Coriander Soup V
71 kcal

Chicken Liver Pate, Caramelised Red Onion Chutney & Toast
500 kcal

Battered or Grilled Cod, Chips, Garden Peas or Mushy Peas, Tartare Sauce & Lemon
Battered 734 kcal
Grilled 562 kcal

Vegetarian Ploughman's Lunch V
643 kcal

Summer Berry Eton Mess GF 215 kcal
Apple & Sultana Strudel with Cream
321 kcal

Grilled 6oz Sirloin of Beef, Chips, Mushroom, Tomato, Peppercorn Sauce GF 902 kcal £8.50

SAT

Watercress & Potato Soup V
92 kcal

Oven Baked Smoked Salmon & Dill Tart, Lemon & Chive Butter Sauce
400 kcal

Traditional English Cooked Breakfast
614 kcal

Traditional Vegetarian Cooked Breakfast V
596 kcal

Coffee & Vanilla Set Cream GF
301 kcal
Upside Down Pineapple Cake & Custard 344 kcal

SUN

Vegetable Soup V
63 kcal

Tomato, Mozzarella Salad with Basil Pesto V GF
288 kcal

Roast Beef, Yorkshire Pudding, Roast Potatoes, Cauliflower Cheese, Carrots & Green Beans, Gravy
947 kcal

Summer Leek, Cheddar & Butternut Squash Pastry Bake, Roast Potatoes, Cauliflower Cheese, Carrots & Green Beans, Gravy V
1183 kcal

Kiwi & Lime Posset GF
336 kcal
Peach Crumble & Custard 264 kcal

Comfort Dining Menu

Week 2

MON	Broccoli & Stilton Soup V 61 kcal	Deep Fried Breaded Whitebait with a Roasted Garlic & Herb Mayo, Paprika & Lemon 291 kcal	Chilli Con Carne, Steamed White Rice, Crispy Tortilla, Sour Cream & Grated Cheese 683 kcal	Sundried Tomato, Asparagus & Spinach Risotto, Italian Hard Cheese & House Salad V 439 kcal	Lemon Posset GF 459 kcal Banana Loaf, Toffee Sauce & Vanilla Ice Cream 256 kcal
Salmon Niçoise Salad 712 kcal £7.00					
TUE	Cream of Cauliflower Soup V 93 kcal	Melon, Grapefruit & Mint Cocktail V GF 60 kcal	Salmon & Broccoli Quiche, Green Beans, Carrots & Sugar Snap Peas, Lyonnaise Potatoes 777 kcal	Courgette, Broad Bean & Spring Onion Frittata with New Potatoes & House Salad V GF 375 kcal	Sherry Trifle 350 kcal Coffee & Walnut Sponge Pudding, Pouring Cream 453 kcal
WED	Leek, Pea & Watercress Soup V 112 kcal	Poached Salmon Terrine, Horseradish Cream, Watercress & Toast 259 kcal	Roast Pork, Roast Potatoes, Roast Potatoes, Baked Leeks, Carrots & Cauliflower Cheese, Gravy GF 1029 kcal	Avocado, Sun Dried Tomato, Olives & Red Onion, Parmesan Dressing, Croutons V 530 kcal	Citrus Mousse, Vanilla Cream GF 181 kcal Blueberry Pancakes, Vanilla Ice Cream 295 kcal
Grilled Mackerel, Minted New Potatoes, Green Beans, Mango & Avocado Salsa 713 kcal £7.00					
THU	Tomato & Red Pepper Soup V 92 kcal	Avocado & Red Onion on Toast V 154 kcal	Chicken & Bacon Caesar Salad 472 kcal	Sweet Potato & Courgette Lasagne, House Salad V 740 kcal	Strawberry & Kiwi Pavlova GF 164 kcal Poached Pears, Vanilla Cream GF 262 kcal
FRI	Mulligatawny Soup V 98 kcal	Bacon & Spinach Tart, Tomato Dressing 404 kcal	Battered or Grilled Cod, Chips, Garden Peas or Mushy Peas, Tartare Sauce & Lemon Battered 734 kcal Grilled 562 kcal	Stuffed Peppers, Sauté Potatoes, Mozzarella & Parmesan Sauce, House Salad V GF 698 kcal	Lemon Meringue Pie 446 kcal Rice Pudding with Strawberry Jam GF 371 kcal
Confit Duck Leg, Dauphinoise Potato, Savoy Cabbage, Sweet Potato Crisps, Dark Cherry Sauce GF 1088 kcal £8.00					
SAT	Sweet Potato & Butternut Squash Soup V 84 kcal	Garlic Mushroom on Toast V 373 kcal	Gammon, Egg, Chips, Peas & Grilled Tomato GF 832 kcal	Green Thai Vegetable Curry, Steamed White Rice & Poppadom V GF 590 kcal	Chocolate Mousse GF 208 kcal Apple Turnover with Custard 302 kcal
SUN	Pea & Ham Soup 112 kcal	Prawn & Mango Salad GF 147 kcal	Roast Chicken, Roast Potatoes, Sage & Onion Stuffing, Summer Greens, Honey Carrots & Peas, Gravy 1174 kcal	Goat's Cheese, Mushroom & Shallot Wellington, Roasted Mediterranean Vegetables, Gravy V 1077 kcal	Lemon Tart, Chantilly Cream 458 kcal Sticky Toffee Pudding, Toffee Sauce & Vanilla Ice Cream 541 kcal

Comfort Dining Menu

Week 3

MON

Cream of Mushroom Soup V
87 kcal

Southern Fried Chicken Strips, BBQ Sauce Dip, Carrot, Pepper & Onion Slaw 436 kcal

Salmon & Cod Fishcake, Green Beans, Leeks & Pancetta, Lemon & Parsley Sauce 642 kcal

Roasted Pepper, Goats Cheese & Spinach Risotto, Rocket & Toasted Pine Nuts V GF 648 kcal

Vanilla Panna Cotta, Strawberries & Lemon GF 482 kcal
Apple & Sultana Strudel with Cream 321 kcal

Grilled 6oz Sirloin of Beef, Chips, Mushroom, Tomato, Garlic & Herb Butter 928 kcal £8.50

TUE

Minestrone Soup V
82 kcal

Smoked Mackerel Pate, Potato Salad, Radish, Honey & Mustard Dressing GF 224 kcal

Bangers & Mashed' Pork Sausages, Mashed Potato, Crispy Onions, Summer Greens, Onion Gravy 716 kcal

Macaroni Cheese, Butternut Squash & Spinach topped with a Herb Crumb, House Salad V 705 kcal

Lemon & Blueberry Mousse GF 358 kcal
Classic Treacle Sponge & Custard 419 kcal

WED

Curried Sweet Potato Soup V
95 kcal

Classic Welsh Rarebit on Toast with a Tomato, Red Onion & Mint Salad V 227 kcal

Roast Gammon, Summer Greens, Roasted Vegetables, Gravy GF 1032 kcal

Mediterranean Vegetable Lasagne, House Salad V 476 kcal

Peach Mousse GF 106 kcal
Lemon Sponge Pudding & Custard 375 kcal

Pan Roasted Sea Bream, Chorizo Potatoes, Tender Stem Broccoli & Red Pepper Dressing 656 kcal £7.00

THU

Watercress & Potato Soup V 330 kcal

Crispy Breaded Plaice Goujons, with Watercress Mayonnaise & Lemon 358 kcal

Steak & Mushroom Pie, Mashed Potato, Sugar Snap Peas & Carrots 788 kcal

Cheese, Leek and Potato Tortilla, Roast Squash & Kale V 332 kcal

Crème Caramel GF 215 kcal
Chocolate Brownie, Vanilla Ice Cream 768 kcal

FRI

Cream of Tomato Soup V 121 kcal

Watermelon, Feta, Orange & Mint Salad V GF 126 kcal

Battered or Grilled Cod, Chips, Garden Peas or Mushy Peas, Tartare Sauce & Lemon
Battered 734 kcal Grilled 562 kcal

Classic Caesar Salad V 243 kcal

Summer Pudding, Pouring Cream 207 kcal
Baked Caramelised Pineapple with Toffee Sauce & Vanilla Ice Cream GF 560 kcal

King Prawn Skewer, Lime & Coriander Couscous, Roasted Mediterranean Vegetables, Garlic & Herb Butter 559 kcal £7.00

SAT

Carrot & Coriander Soup V 71 kcal

Sweetcorn & Coriander Fritters with an Avocado, Red Onion & Tomato Dressing V 301 kcal

Mild Chicken Curry, Steamed White Rice, Poppadom & Mango Chutney 600 kcal

Spring Onion & Tomato Quiche, Minted New Potatoes, House Salad V 536 kcal

Lemon Posset GF 459 kcal
Apple & Berry Crumble with Custard 461 kcal

SUN

Vegetable Soup V 64 kcal

Potted Prawns, Watercress Mayonnaise & Melba Toast 370 kcal

Roast Leg of Lamb, Roast Potatoes, Minted Peas & Broad Beans, Carrots & Gravy GF 846 kcal

Mushroom & Herb Tagliatelle, House Salad V 786 kcal

Ice Cream Sundae, Fresh Fruit & Chocolate Sauce GF 651 kcal
Jam Roly Poly & Custard 402 kcal

Comfort Dining Menu

Week 4

MON

Pea & Mint
Soup V
177 kcal

Goat's
Cheese,
Beetroot &
Apple Salad V
N GF 155 kcal

Baked Haddock
Wrapped in Bacon,
Spring Onion Mashed,
Spinach, Peas &
Leeks, Lemon &
Prawn Butter Sauce
GF 672 kcal

Pea, Feta &
Summer Herb
Frittata, Minted
New Potatoes,
House Salad V
433 kcal

Peach Melba
Knickerbocker Glory
230 kcal
Coffee & Walnut Sponge
Pudding, Pouring Cream
453 kcal

Grilled Lamb Chops, Minted Pea Puree, Honey Glazed Carrots, Dauphinoise Potato, Red Wine Sauce 854 kcal £9.00

TUE

French
Onion Soup
V 138 kcal

Traditional
Prawn
Cocktail,
Brown Bread
& Butter
218 kcal

Chicken Kiev, Mashed
Potato, Broccoli,
Cabbage & Gravy
906 kcal

Mushroom
Stroganoff,
Steamed Rice,
Summer
Vegetables V GF
604 kcal

Sherry Trifle
350 kcal
Sticky Toffee Pudding,
Toffee Sauce & Vanilla
Ice Cream 541 kcal

WED

Leek &
Potato
Soup V
62 kcal

Classic Greek Salad
with Tomato,
Cucumber, Red
Onion, Black Olives
& Feta Cheese V
GF 172 kcal

Roast Beef, Roast
Potatoes, Roast
Potatoes, Creamed
Spinach, Mange
Tout, Carrots, Gravy
GF 1029 kcal

Ratatouille filled
Pepper, Roast
Potatoes, Summer
Greens, Leeks &
Carrots, Gravy
V GF 621 kcal

Lime & Coconut
Syllabub GF 254 kcal
Orange Polenta
Cake, Chocolate
Sauce 565 kcal

Grilled Mackerel, Orange, Beetroot & Fennel Salad, Lime Butter & Watercress 595 kcal £7.00

THU

Sweet
Potato
Soup V
95 kcal

Butternut Squash,
Feta, Black Olive
Salad V GF
336 kcal

Cold Smoked
Bacon, Cheddar
Cheese, Onion &
Red Pepper Quiche,
Minted New
Potatoes & House
Salad 715 kcal

Mushroom &
Tarragon Risotto,
Italian Hard Cheese
Shavings, House
Salad V GF
368 kcal

Mango Mousse GF
342 kcal
Peach Crumble &
Custard 266 kcal

FRI

Minestrone
Soup V
82 kcal

Pork & Leek
Scotch Egg, Curry
Mayonnaise
372 kcal

Battered or Grilled Cod,
Chips, Garden Peas or
Mushy Peas, Tartare
Sauce & Lemon
Battered 734 kcal
Grilled 562 kcal

Sweet Potato &
Lentil Korma,
Steamed Rice &
Poppadom V GF
607 kcal

Strawberry & Almond
Trifle 357 kcal
Marmalade Glazed
Bread & Butter
Pudding, Custard
321 kcal

Oriental Marinated Salmon, Egg Fried Rice, Stir Fried Vegetables, Oriental Dressing GF 1132 kcal £7.00

SAT

Tomato &
Red Pepper
Soup V
91 kcal

Chinese Spring
Rolls, Carrot &
Coriander Salad,
Sweet Chilli
Sauce 312 kcal

Traditional Beef
Lasagne, House
Salad 657 kcal

Goats Cheese &
Caramelised Red
Onion Tart, House
Salad V 716 kcal

Chocolate Mousse
GF 208 kcal
Banana Loaf, Toffee
Sauce & Vanilla Ice
Cream 256 kcal

SUN

Lentil &
Smoked
Bacon Soup
119 kcal

Duo of Melon,
Red Berry Coulis
52 kcal

Roast Pork, Roast
Potatoes, Cauliflower
Cheese, Carrots &
Green Beans, Gravy
1174 kcal

Cheddar, Leek &
Butternut Squash
Wellington, Roast
Potatoes, Carrots &
Green Beans, Gravy
V 1174 kcal

Summer Berry Eton
Mess 215 kcal
Roasted Peaches,
Vanilla Cream GF
159 kcal