

Est. 2021 	Friday	Saturday	Sunday
SOUP STATION Lunch Offer 11.30 am – 3 pm	Cream of Broccoli (GF)	Tomato & Basil (GF, V)	Minestrone(V)
AROUND THE WORLD Lunch Offer 11.30 am – 3 pm	Crispy Fish Goujons Wrap with Crisp Shredded Iceberg Lettuce (GF, V), Dill and Lemon Mayo (GF), served with Chips (GF, V), Seasonal Salad (GF, V) OR Minty Mushy Peas (GF, V)	Classic Beef Lasagne Served with Seasonal Side Salad (GF, V) and Garlic Bread	Traditional Roast Pork (GF) served with Sage & Onion Stuffing and Apple Sauce (GF, V), Roast Potatoes (GF, V), Seasonal Greens (GF, V), and Gravy (GF, V) Available as a Hot Sandwich Too!
MEAT FREE Lunch Offer 11.30 am – 3 pm	Grilled Halloumi and Red Pepper Skewer (GF) served with Khubz Bread and a Selection of Sauces, Roasted New Potatoes (GF, V), and Summer Melon & Mint Salad (GF, V)	Spinach & Ricotta Cannelloni Served with Seasonal Side Salad (GF, V) and Garlic Bread	Vegetable Burrito(V) Served with Chilli and Coriander Corn (GF) and Chef's Choice Salad (GF, V)
AROUND THE WORLD Evening Offer 5 pm – 8.30 pm	Loaded Sausage Bratwurst (GF), Beef Chilli Dogs (GF), Vegan Sausage(V) served in a Roll with Toppings and Sauces, Corn on The Cob (GF, V) and Potato Salad (GF)	Chicken (GF) or Quorn Escalope served with a Tomato Sauce (GF, V), Roasted Medley of Vegetables (GF, V) and New Potatoes (GF, V)	
CULINARY CORNER Evening Offer 5pm – 8.30 pm	Chicken (GF) OR Vegetable Curry Bowl (GF, V) served with Rice (GF, V), Poppadom(V), Chips (GF, V) and Pickles (GF, V)	Chicken Or Vegetable (V)Noodles served Prawn Crackers	
DELI & SALAD BAR 11.30 am – 5 pm Choose your Protein Item and Add your Salad of Choice from a Selection of Freshly Prepared Salads, Dressings, Olives, Pickles and Toppings			
JACKET POTATO BAR 11.30 am – 5 pm Jacket Potatoes served from the Oven with a Choice of Hot and Cold Fillings			
PUNK MAMAS PIZZA 12:00 am - 21:30 pm 6 and 10-inch Pizzas with a variety of toppings, served individually or as a meal deal			

Detailed Dietary information:

All our green fresh salads are free from any allergens

Crispy Fish Goujons Wrap – Gluten, fish (may contain mustard and peanuts)

Crisp Shredded Iceberg Lettuce - no allergens

Dill and Lemon Mayo - Eggs

Chips – no allergens

Minty Mushy Peas – no allergens

Grilled halloumi skewer – milk

Khubz bread – gluten

Roast new potatoes – no allergens

Summer melon salad – no allergens

Bratwurst original and Beef chilli – no allergens

Hot dog buns – gluten (may contain milk and nuts)

Vegan sausage – Gluten

Corn on a cob – no allergens

Potato salad – egg, milk, mustard (may contain nuts and soya)

Chicken curry – no allergens

Vegetable curry – no allergens

Rice – no allergens

Poppadum – gluten, nuts

Classic beef lasagne – gluten, milk, celery (may contain egg)

Garlic bread – gluten, milk

Spinach ricotta cannelloni – milk, gluten (may contain egg, mustard and soya)

Chicken escalope – gluten, egg, (may contain mustard and peanuts)

Quorn escalope – egg, gluten, milk

Tomato sauce – no allergens

Roast vegetable medley – no allergens

New potatoes – no allergens

Chicken noodles – gluten, egg, soya

Vegetable noodles – gluten, egg, soya

Prawn crackers – crustaceans and gluten

Roast pork – no allergens

Sage and onion stuffing – gluten

Apple sauce – no allergens

Potatoes – no allergens

Seasonal greens – no allergens

Gravy – no allergens

Vegetable burrito – gluten

Chilli and coriander corn – milk