

# FROM THE KITCHEN

Vibrant stir fry of fresh carrots, pak choi, sugar snaps, onion, peppers, tenderstem broccoli with teriyaki sauce

Marinated chicken £7.95

Organic tofu (v) £7.95  
plant-based alternative available  
on request

Served with steamed jasmine  
rice or egg noodles



# ASPIRE

# FROM THE KITCHEN

**Pork belly 'Marco Polo' £7.95**

24-hour roasted pork belly and crackling

**Vegetable pie (v or pb) £7.95**

Served with mashed potato,  
tenderstem broccoli, carrots  
and caramelised onion gravy



# ASPIRE

# FROM THE KITCHEN

Rich beef lasagne £7.95

Aubergine parmigiana (v) £7.95

plant-based alternative available  
on request

Served with garlic focaccia  
and garden salad



# ASPIRE

# FROM THE KITCHEN

Chicken tikka masala £7.95

Cauliflower and broccoli £7.95  
Manchurian (v)

plant-based alternative available  
on request

Served with turmeric rice,  
naan bread and Bombay  
chat potatoes



# ASPIRE

# FROM THE KITCHEN

Traditional battered  
cod with tartare sauce £7.95

Vegan pasty £7.95

Served with chips plus your  
choice of baked beans or  
mushy peas



# ASPIRE



## **In the morning choose from**

A variety of freshly prepared hot breakfast baguettes

Chunky toast with preserves

Hot baked Danish pastries

Savoury pastries

Fresh orange juice

Homemade smoothies

Freshly prepared barista coffee

## **At lunch**

Shaker salads just as you like them

Made to order baguettes and freshly sliced bloomer sandwiches

Freshly prepared hot food cooked as you watch

Oven baked jacket potatoes with your choice of fillings

Homemade soup of the day

## **In the afternoon**

Moreish traybakes

Scrumptious cakes slices

Fruit scones

Herbal teas



## **Deli sandwich selection – £3.80**

### **Choose from**

Bloomer bread (v)  
White baguette (v)  
Wholemeal (v)

### **Select three of the following**

Cucumber (v)  
Diced beetroot (v)  
Grated carrots (v)  
Homemade coleslaw (v)  
Sliced red onion (v)  
Sun-dried tomatoes (v)  
Sweetcorn kernels (v)  
Vine tomatoes (v)

### **Dress with your choice of**

Creamy mayonnaise (v)  
Garlic mayonnaise (v)  
Low-calorie French dressing (v)  
Marie rose sauce (v)  
Mature balsamic vinegar with  
virgin olive oil (v)  
Virgin olive oil (v)

### **Now choose one of our toppings**

Chicken of the day (coronation or  
tikka)  
Cottage cheese (v)  
Dolphin friendly tuna  
Falafel and chickpeas in a lightly  
spiced mayonnaise (v)  
Free-range egg (v)  
Grated mature cheddar cheese (v)  
Home baked ham  
Houmous (v)  
Prawns  
Vegan Cheddar cheese (vg)

Please note that all the above toppings are made from ingredients that do not contain gluten.



## Oven baked jacket potatoes now available

Jacket potato and butter	£1.85
Jacket potato and one topping	£3.10
Jacket potato and two toppings	£4.35

### Choose one of the following toppings

---

Baked ham

Chicken of the day (coronation or tikka)

Cottage cheese (v)

Dolphin friendly tuna, prawns

Falafel and chickpeas in a lightly spiced mayonnaise (v)

Free-range egg (v)

Grated mature cheddar cheese (v)

Houmous (v)

Vegan Cheddar cheese (vg)

Please note that all the above toppings are made from ingredients that do not contain gluten.





## **Autumn/winter menu 2020 week one**

### **Monday**

Mushroom and spinach soup

Lebanese beef kofta in spiced tomato sauce with green peppers served with rice

Deep fried squid strips with tabasco mayonnaise, new potatoes and salad

South Indian lentil dahl with aubergine, potato and okra served with rice and naan bread (v)

### **Tuesday**

Spiced vegetable and split pea soup

Beef and root vegetable casserole with mashed potatoes and herb dumplings

Tandoori salmon with cumin and peppercorn rice and a masala sauce  
Aubergine tomato and red pepper pilaf (v)

### **Wednesday**

Butternut squash and chilli soup

Chinese chicken curry with rice and prawn crackers

Tray baked hake in a cheese sauce with avocado, parsley mash and garden peas

Spinach, mushroom and blue cheese lasagne served with green salad and garlic bread (v)

### **Thursday**

French onion soup

Beef tortilla bake with rice and Mexican salad

Trout with capers, lemon and parsley with new potatoes and green beans

Creamy mushroom spaghetti topped with rocket and parmesan (v)

### **Friday**

Sweet potato, red pepper and smoked paprika soup

Jamaican chicken and potato curry served with rice and peas

Fish, chips and mushy peas

Quorn sausages with mustard mash, onion gravy and fried leeks (v)



## **Autumn/winter menu 2020 week two**

### **Monday**

Squash, celery and apple soup

Cumberland sausage whirl with mustard mash, onion gravy and fried leeks

Crispy battered gurnard on crushed minted peas with new potatoes and tartare sauce

Spinach and ricotta tagliatelle (v)

### **Tuesday**

Cream of sweetcorn soup with chilli and coconut milk

Tandoori chicken breast with coriander and mint paste, peppercorn rice and naan bread

Steamed hake with parsley sauce, new potatoes and broad beans

Mushroom madras served with yoghurt cumin rice and poppadom (v)

### **Wednesday**

White onion and potato soup

Fish pie with a cheese mash top served with garden peas

Mexican chicken rice

Courgette risotto with parmesan and rocket (v)

### **Thursday**

Spiced root vegetable soup

Pork sausage meat ragout with fennel penne pasta and parmesan

Baked fish ratatouille with new potatoes

Thai green eggplant curry with rice (v)

### **Friday**

Pumpkin carrot and ginger soup

Thai green chicken curry served with rice and prawn crackers

Fish, chips and mushy peas

Cheese and roasted tomato tart with new potatoes, salad and a herb dressing (v)



	<b>Grumpy Mule</b>	
	<b>Small</b>	<b>Regular</b>
<b>Espresso</b>	£1.70	£2.00
	Single shot	Double Shot
<b>Macchiato</b>	£1.80	£2.10
<b>Americano</b>	£1.85	£2.15
<b>Cappuccino</b>	£2.05	£2.40
<b>Latte</b>	£2.05	£2.40
<b>Flat white</b>	£2.45	
<b>Cortado</b>	£2.45	
<b>Iced coffee</b>	£2.25	£2.75
<b>Added cream</b>	£0.40	
<b>Added flavour</b>	£0.40	
<b>Added shot</b>	£0.50	
<b>Hot milk steamer with syrup</b>	£1.25	£1.60
<b>Caffe mocha</b>	£2.65	£3.00
<b>White chocolate mocha</b>	£2.65	£3.00
<b>Milk hot chocolate</b>	£2.25	£2.60
<b>White hot chocolate</b>	£2.25	£2.60
<b>Chai latte</b>	£2.45	£2.80
<b>Chai latte coffee</b>	£2.95	£3.30
<b>Tea</b>	£1.60	£1.80
<b>Herbal teas</b>	£1.60	£1.80

Please note that there is a 20p charge for a disposable cup, but 20p off if you bring your own.



	12oz	20oz
Smoothie of the day	£2.75	£3.85
Fresh orange juice	£2.00	£3.10
Apple juice	£1.85	£3.10
Cranberry juice	£1.85	£3.10
Pepsi (including sugar tax)		£1.50
Pepsi Max/Cherry/Diet Pepsi		£1.45
7Up (including sugar tax)		£1.50
7Up Free		£1.45
Get Wonky fruit juice		£1.50
Cawston Press can		£1.65
Sanpellegrino can		£1.65
Ribena		£1.50
May Tea Infusion		£1.50
Spring water still/sparkling		£0.95
Drench		£1.35
Beer		£2.85
Wine 330ml		£2.85
Chilled milk		£0.85
Milk 4 pints		£2.65