AUTUMN MENU

WEEK 1
WEEK 2
WEEK 3

	MON	TUES	WED	THURS	FRI
MAIN £2.45	BEEF & LENTIL BOLOGNESE WITH PENNE AND GREEN SALAD (G/B*, W)	CHICKEN STROGANOFF WITH STEAMED RICE & BRAISED CABBAGE (MK, MU, G/W)	BEEF & LENTIL COTTAGE PIE WITH SEASONAL GREEN VEGETABLES & GRAVY (G/B*, W*)	CHICKEN & PEPPERONI JAMBALAYA (CE, E*, MK, MU, SO*, G/W*)	FOLDED NAAN PEPPERONI PIZZA POCKET & CHIPS (MK, G/W)
ROOTS & SHOOTS £2.45	MAC & CHEESE WITH HOUSE SALAD (MK, G/W)	CHICKPEA STROGANOFF WITH STEAMED RICE & BRAISED CABBAGE (MK, MU, G/W)	SHEPHERDESS PIE WITH SEASONAL GREEN VEGETABLES & GRAVY (CE, E, MK, G/B)	ROASTED VEGETABLE & CHICKPEA JAMBALAYA (CE, MU) V	FOLDED NAAN PIZZA POCKET & CHIPS (MK, G/W)
PASTA POPINA £2.30	TOMATO & BASIL PASTA (CE, G/W) V	CREAMY CAJUN PASTA (MK, MU, G/W)	TOMATO & PESTO PASTA (CE, MK, G/W)	CREAMY CARBONARA (MK, G/W)	MEDITERRANEAN VEGETABLE PASTA (G/W) V
PUD £1.20	BANANA & BERRY LOAF (E, MK, SO*, G/W)	BREAD & BUTTER PUDDING WITH CUSTARD (E, MK, SO, G/B, O, R, W)	STICKY TOFFEE PUDDING WITH BUTTERSCOTCH SAUCE (E, MK, SO*, G/W)	APPLE CRUMBLE & CUSTARD (MK, G/B*, O, W)	CHOCOLATE & ORANGE MARBLE CAKE (E, MK, SO*, G/W)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

ISLAND EATS	SPICE JUNCTION	MEZZE MADNESS	SOULFUL BITES	CHICKEN SHACK OLIVE DINING
REGGAE REGGAE VEGETABLE LOADED NACHOS V	BEEF KEEMA QUESADILLA WITH LIME & CORIANDER (MK, G/W)	CHICKEN SHAWARMA WITH GRILLED PITTA, KEBAB SHOP SALAD & TZATZIKI (MK, G/W)	BANG-BANG CHICKEN NOODLES WITH SMACKED CUCUMBER SALAD (E, MU*, SO, G/W)	TEXAN BBQ CHICKEN LEG & SEASONED CHIPS

STREET £2.60

MEAL DEAL £2.80

Theme Days









Go Vegan V

ALLERGENS KEY:

CE = CELERY	F = FISH	G/O = OATS	L = LUPIN	MU = MUSTARD	SE = SESAME	* = MAY CONTAIN
CR = CRUSTACEAN	G = GLUTEN	G/R = RYE	MK = MILK	N = NUTS	SO = SOYA	
E = EGGS	G/B = BARLEY	G/W = WHEAT	MO = MOLLUSCS	P= PEANUTS	SU = SULPHUR DIOXIDE	

Olive dining food with passion